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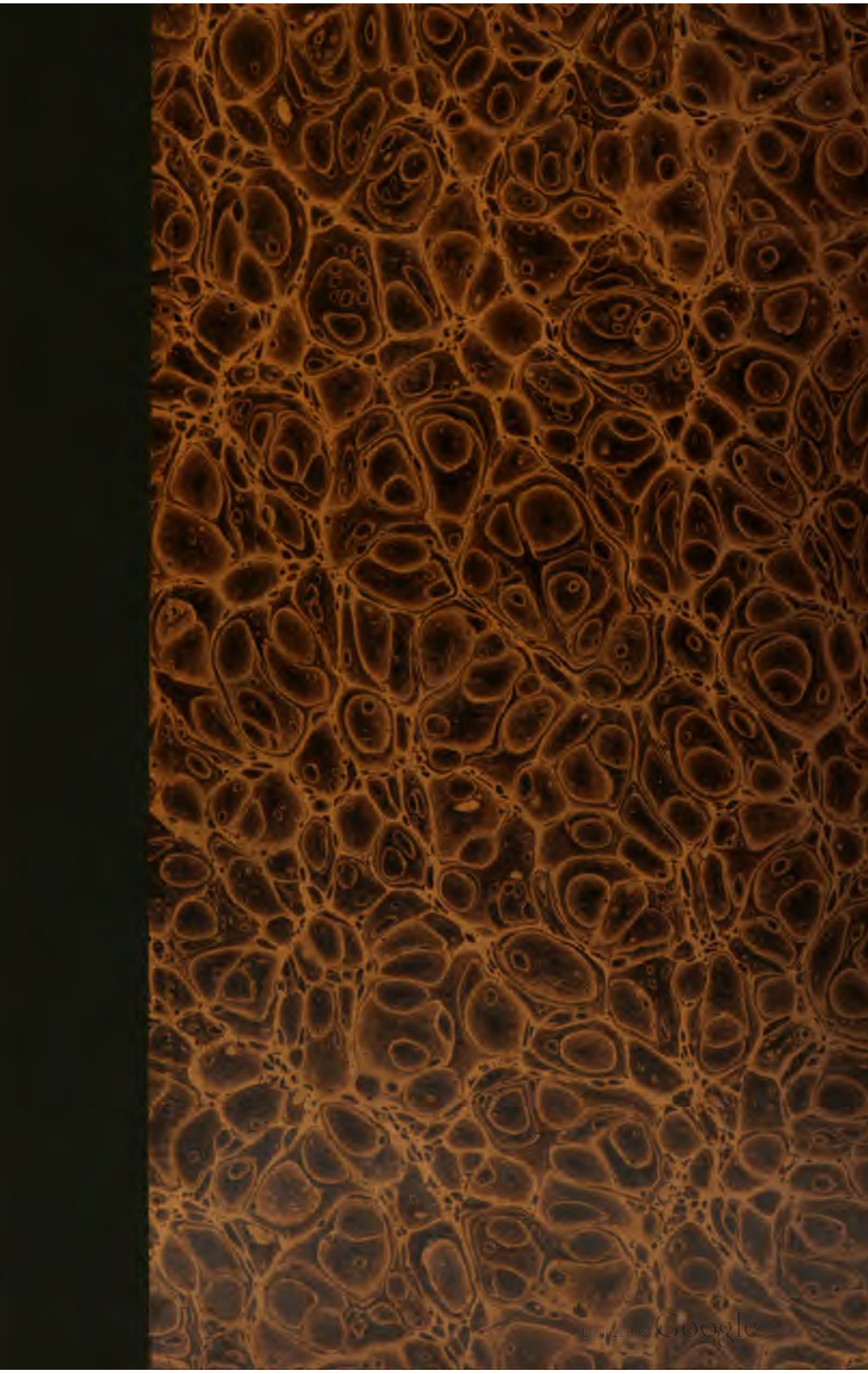
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Incorporating THE DIETETIC AND HYGIENIC GAZZETTE
PHYSICIANS DRUG NEWS AND THE AMERICAN PRACTITIONER

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WILLIAM J. ROBINSON, PH. G., M. D.
EDITOR AND FOUNDER

VOLUME TWENTY-THREE
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The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

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EDITORIALS AND EDITORIALETTES

The New York Times, Charity and Birth Control

It is a well known fact that pickpockets, gamblers, prostitutes, etc., are among the most charitable of people. They seldom refuse alms to a beggar. The principal reasons for their charitableness are two: First, they are generally good-natured, and, second, being as a rule religious and superstitious, they expect to redeem some of their sins by being kind to the poor.

The New York Times is one of the most criminal of our newspapers. Utterly unscrupulous, utterly conscienceless, it stands for everything that is evil and attempts to crush everything that is good. Particularly during the past five years it has shown a mercilessness and ruthlessness unsurpassed by any other newspaper in the world. It has advocated the strangling of free speech and free press, it glorified hoodlumism and brutality, it fanned racial and international hatred, it foamed at its mouth at any attempt to establish real peace in the world and to stop the unparallelled crime of starving millions of old men, women and children. In short, the crimes of the New York Times are beyond computation. But once a year, before Christmas, the proprietors of The New York Times try to expiate their sins of deliberate prevarication, of distorting and concealing the truth, by a little charity—and vicarious charity at that. Once a year

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they print the "Hundred Neediest Cases" reported to them by the various charity organizations and make an appeal to the public for help. The public usually responds. With the "hundred neediest cases" as a text one could easily write a volume which would demonstrate the brutality and, still more, the stupidity of our social system. This would take us too far.

One phase of the subject, however, we can touch upon. A perusal of the hundred cases will prove beyond the possibility of contradiction, that unlimited breeding, that ignorance of the means of birth control is the greatest curse, the greatest single cause of misery, among the poor. Most of these pitiful of New York's neediest cases—which by the way represent but a fraction of the families which must turn to charity for help—would not be needy at all if the parents had known the means of birth control. And the charity organizations would act much more wisely, much more humanely if instead of trying to cure the misery *after* it had done its deadly work, they used their best efforts to *prevent* it. They would save thousands and thousands of dollars—this is always the strongest argument with our charitable citizens and taxpayers—if instead of feeding starving and diseased children they sent around nurses to teach the poor mothers the use of prevenceptives, which would prevent those undesired and superfluous children from coming into the world. An analysis of most of the cases appears elsewhere in this issue.

Birth Control Winning Out

We wish to call our readers' attention to a splendid article on Birth Control in the February issue of the Pictorial Review by Eleanor Kinsella McDonnell, the proofs of which we have had the privilege to read. It would be interesting to see what the advocates of unlimited breeding could reply to that article. Of course they could reply nothing, because the arguments for rational birth control are unanswerable.

Another splendid article on Birth Control is by Havelock Ellis in the current issue of Physical Culture. The Globe of January 2nd had a good editorial on the subject. Altogether the movement is winning out irresistibly. As soon as the people become convinced that birth control does not mean race suicide but means race preservation, means an improvement in the human race from every point of view, economic and eugenic, opposition to it will cease.

I am not unduly optimistic about reforms in this country, but I predict that before ten years have passed the brutal law which considers the imparting of any prevenceptive information obscene and punishes it exactly the same way as it does abortion; by five years imprisonment and $5,000 fine, will be swept from our statute books or will become such a dead letter that nobody will pay any attention to it. The truth does win now and then and the next ten years will be very fruitful years for truth and liberalism and very bad years for falsehood and obscurantism of all sorts.

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Why Register Baby's Birth?

The United States Public Health Service is sending out a list of twelve reasons why the births of babies should be promptly registered. Of course there is no objection to registering the arrival of a new human being, and *under our present social system* the physician who fails to register the babies whom he helps to bring into the world fails in his duty. But under an ideal system of society the reasons given by our Public Health Service will seem futile and meaningless.

Here are the twelve reasons:

1. To establish identity.
2. To prove nationality.
3. To prove legitimacy.
4. To show when the child has the right to enter school.
5. To show when the child has the right to seek employment under the child labor law.
6. To establish the right of inheritance to property.
7. To establish liability to military duty, as well as exemption therefrom.
8. To establish the right to vote.
9. To qualify to hold title to , and to buy or sell, real estate.
10. To establish the right to hold public office.
11. To prove the age at which the marriage contract may be entered into.
12. To make possible statistical studies of health condiions.

Let us analyze those twelve reasons and see how little they amount to.

1. *To establish identity.* What does that mean? If I am introduced to John Smith, or if John Smith introduces himself to me do I ask him to show me his birth certificate? Of the hundreds of friends and acquaintances I have I do not remember ever having asked one to bring me his birth certificate. And why should a man or a woman, in a decent kind of a world, want to conceal his or her identity?

2. *To prove nationality.* Why should it be necessary to prove nationality? Why should it make any difference whether a man belongs to one or to another nationality? A man should be judged by what he does and by what he is, and not by what nationality he belongs to. If a man is a compatriot but is a moral skunk he is worse that a foreigner who is a decent man. So why should it be necessary to *establish* nationalty? And under a decent system of society, in which universal brotherhood reigns, why should anyone want to hide or to misrepresent his nationality?

3. *To prove legitimacy.* In a decent world as we forsee it, there will be no such a disgraceful thing as an illegitimate child. *All* children will be legitimate and every mother's son will have

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equal rights and opportunities with every other mother's son. And so reason Number three also falls to the ground.

4. *To show when the child has the right to enter school.* In a sane system of society, parents will not think of sending a child to school before it is ripe for it. The age will make no difference. The fitness will be the deciding factor. Only in a crazy system such as ours will parents lie about their children's age, and, in order to get rid of them, send them to school before they have reached the proper age.

5. *To show when the child has the right to seek employment under the child labor law.* This reason is a gem—it is a giveaway of our precious system. In a decent system of society parents will not lie about their children's ages, in order to force them to go to work. The state will take *full* care of the child up to the age of 17 or 18, as they are now doing in Russia, and there will be no need for children of 12 or 13 to lie and claim that they are 14 and over in order to enjoy the blessings of the factory or the cotton mill.

6. *To establish the right of inheritance to property.* This will also be unnecessary. There will either be no inheritance at all, or only up to a limited amount, and the heirs will have to be designated in the will.

7. *To establish liability to military duty, as well as exemption therefrom.* There won't be such a thing as military duty, and there will therefore be no liability to it nor exemption therefrom.

8. *To establish the right to vote.* Oh, piffle. Any grown sane person will have the right to vote, whether native or foreigner. There need be no mile of red tape around voting.

9. *To qualify to hold title to, and to by or sell real estate.* In the future state either all real estate will belong to the State, or everybody will have the right to hold title to, or to buy or sell it.

10. *To establish the right to hold public office.* Surely no birth certificate is necessary for that. *Anybody* whom his fellow citizens consider fit for a public office will be qualified to hold it.

11. *To prove the age at which the marriage contract may be entered into.* Again piffle. In a decent state, where sexology and eugenics constitute an integral part of the school curriculum nobody will think of entering into the married state unless physically and mentally mature and healthy. In the future state marriage will be an entirely different thing from what it is now, and the age of the parties will be the least important factor.

12. *To make possible statistical studies of health conditions.* For this purpose it is certainly not necessary to register the kid's name. What difference does it make for health statistics whether the child's name is John Smith or Robert Jones?

I have amused myself by showing that not one of the twelve reasons presented by the Public Health Service for registering

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births will have any significance or play any role in the ideal state towards which we are turning our faces. But we are not yet living in the ideal state, and the reasons given by the Public Health Service are valid reasons, more or less. You will therefore be sure, my professional colleagues, to register births at which you assist, promptly, and correctly, so that when the children grow up they may get their birth certificates whenever they need them. You may cause them a great deal of trouble if you don't.

An Indictment of Psychoanalysis

It is seldom nowadays that one comes across a severe attack on psychanalysis. The freudians seem to have the field to themselves. The antifreudians appear to have given up the fight, either because their armamentarium is inadequate or because they think that if left alone the movenment will die out much sooner than if attacked and advertised. An unequivocal attack on psychanalysis and other freudian theories is therefore refreshing and amusing. Such an attack was recently made by Prof. Frederick Peterson, the well known neurolgist.

Dr. Peterson does not beat about the bush. He says that the theories of Freud and Jung are to psychology what cubism is to art—new, sensational and rather interesting. If they were not so pernicious in ther applcaton as well as untrue in psychology he would say nothing of them but let them take their place in the historical medical museum. He thinks that in a few years they will be catalogued in such a museum. He doubts if any persons have been benefited by psychanalysis. It requires months or years to work over each case, and it is very expensive. "I have seen", he says, "very bad results from the psychanalysis of young women and men' permanent insanity, even suicide! and if it were not destined to be so short-lived, I should advocate a law to prevent its employment in the treatment of young people."

A Simplified Calendar

The American Equal Month Calendar Association asks us to bring to the notice of our readers their work in trying to introduce a simplified calendar. Of course our calendar is a wretched piece of work. One month 30 days, one month 31, February 28, and once in 4 years 29. How much energy is used up in trying to find out on what day of the week a certain date falls, or vice versa, what date we will have say six or eight weeks from now. The simplified calendar contemplates 13 months of 28 days each, the first of each month to commence on a Monday. That gives us 13 multiplied by 28 or 364 days; the first day of the year or New Year would be an independent legal holiday, not included in any week or month.

Our calendar is a barbarous hodge-podge, and I sympathize with any endeavor to introduce a rational and simple method of calculating our days. But—so many millions are dying of starvation in Europe, and everything else seems so futile, so foolish, so unimportant. . . .

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The Percentage of Venereal Disease in the United States

My readers will testify to the persistence with which I have always combated the exaggerated figures of our alarmists as to the prevalence of venereal diseases in the United States. The figures for syphilis generally range between 10 and 50 per cent, while for gonorrhea they rise to as high a figure as 90 per cent. I always characterized these percentages as stupid, wild and exaggerated. They were either based on nothing but ignorance and hearsay or were deliberately manufactured for ths purpose of frightening the people into being "good". I have always been practically alone in my estimate of the extent of venereal disease in this country. Tho a specialist is supposed to be suffering from mental strabismus, seeing his special disease everywhere, I have always fought against such bias, and, I believe, have succeeded in maintaining a level-headed view-point on this as on most other questions.

In the Scientific Monthly for January there is an exhaustive article by C. B. Davenport and Lieut. Col. Dr. Albert C. Love, entitled "Defects Found in Drafted Men". This paper is an extract from a larger work which is to appear shortly under the same title as a Congressional document. It deals with the defects and diseases found in over two and one-half million people ranging in age between eighteen and thirty. This is the age at which sexuality, as we know, is at its height, and it is the age at which the greatest percentage of venereal disease is found.

One would imagine that the percentage of venereal disease among these people should have been enormous. But what was the actual percentage found? 3.2 per cent! And this comprised all three venereal diseases, syphilis, chancroid and gonorrhea. This applies to the white population. If we include the negro population, in which as we know the prevalence of venereal disease is very much higher than in the white race, the percentage reaches 5.6 per cent. Take into consideration that this does not deal with a small group of people but with the largest number that has ever been investigated. Where are the figures of 20, 30, 40, 50, 90 per cent?

This rate, say the authors, "must be taken as the most precise information we have concerning the proportion of men in the United States of the ages of eighteen to thirty, who show symptoms of venereal disease at a given time. There is no adequate statistical justification for the statement made by propagandists that 10 per cent., or more, of the men of the United States are affected with venereal disease. No "conservative estimate" can replace, or add anything to, the results of the exhaustive individual examination of over 2,500,000 (probably 2,754,000) men which led to the figure just quoted. It is to be remembered, moreover, that this rate 3.2 or at the maximum 5.6 per cent., includes the

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colored population as well as white, and there is good statistical evidence that colored men are several times as apt to be infected as white men. As the figure shows, just those states with the largest proportion of colored population have the highest ratio of venereal diseases. Adjacent regions with an intermediate proportion of colored population showed an intermediate amount.

The other findings are also interesting. "Relatively small rates were found in the New England states, including New York, and in the northern states west of the Mississippi River. Wisconsin and the Dakotas, inhabited largely by immigrants from northern Europe, especially Scandinavia, *show the lowest rate for these diseases.* If the rural rate is a shade higher than the urban rate, it is because the negroes of the south unduly swell the proportion of infected states. In the northern states, like Maine, Massachusetts, New Jersey and Ohio, the rural rate is less than the urban. On the other hand, the venereal disease rate for the eastern manufacturing states, and especially for the commuter sections (rate 1.9) is less than that of the northern agricultural districts; but they are not lower than the rate in those agricultural regions which contain a large proportion of recent immigrants, especially from Northwestern Europe."

Will our physician-theologians still continue to babble of a venereal morbidity, of 20, 50, 90 and 100%? And while I am on this subject I again want to take the opportunity to reiterate that the alleged percentage of venereal disease among prostitutes is also stupid and wildly exaggerated. Instead of the 85 to 90 per cent that we constantly hear about, the correct percentage would probably be 5 to 10 per cent for syphilis and 15 to 30 per cent for gonorrhea. I would state these to be maximum figures.

This, of course, does not mean that less care is needed in illicit relations. It does mean however that it is always best to tell the truth, for the stupid exaggerations always act as a boomerang and defeat their own object. A man who has cohabited a dozen or three dozen times with prostitutes without using any prophylactic, and without contracting any venereal disease, comes to regard all the statements about the prevalence of venereal disease among prostitutes as deliberate lies and is apt to become utterly careless until an accident does happen. It is always best to tell the truth.

Adopted Husbands

To prevent the dying out of old family names, the Prussian minister of the Interior has issued a decree permitting men to take the names of their brides to prevent, as a result of war losses, the names of some of Germany's oldest families from becoming extinct. Dr. James G. Kiernan (Urol. and Cut. Rev., Nov., 1919) recalls the fact that this adoption of husbands into a family has often occurred in English speaking countries volun-

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tarily thru wills, deeds, and marriage settlements. The daughter who is married is the last scion of the family. The idea is to continue the name altho the direct male line becomes extinct.

In a recent Japanese sex problem novel ("An Adopted Husband" by Futabei Shimei) this husband adoption is the motif of the plot. The preface to the English translation remarks: "An Adopted Husband deals with an institution—the family—which is not very well understood by many Occidentals, and which is regarded by others as anachronistic in the present progress of Japanese society. It tells the story of a modern family, the Ono family. Mr. Reizo Ono has the misfortune not to be possessed of a son; his daughter, therefore, cannot be given away in marriage, because then the family would die out; instead a husband must be adopted for her. The young man's school and university expenses will be defrayed; he will take the name, Ono; and eventually he will marry the daugther. This is a common practice in Japan, altho the experiences of many such adopted husbands have given rise to the aphorism: "do not become an irimuko (adopted husband) if you have one measure of rice."

This Japanese custom originated among the Hindus, the Caucasic aborigines of Japan, with whom there has been much intermarriage with the Mongolic Japanese. Here, if the girl or her parents propose the match, the pair must live in the bride's village.

Concubinage

The influence of the institution of concubinage in Japan appears in the fact that, altho illegitimate and the daughter of a concubine, she is allowed to call the groom's adoptive mother, "Mother," and his wife, "Sister." The concubine as among the Hebrews (Genesis XXX) has a legal status and her children are legitimate. The present Mikado is the son of a concubine.

Concubinage was permitted by the early Christian Church. This question was brought before Convocation, the chief Ecclesiastic body of the English Church, in 1882, when a clergyman applied for recognition of the legality of concubinage, in an appeal from the Bishop of London, who declined to allow the lawfulness of relations into which the appellant had entered and virtually excommunicated him therefor The law of England recognized no such tie, but this was not regarded by the appellant as an adequate answer since his case was stated with exclusive reference to the Canon law. The lower form of marriage, he showed, was expressly permitted in the Early Church by the Canon law and had never been explicitly forbidden by the Church of England.

The Convocation, on the plea of business and similar frivolous pretexts, excused itself from adjudicating this knotty point and left the appellant and his Bishop to fight the question out between themselves.

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ORIGINAL ARTICLES

The 100 Neediest Cases

The New York Times, with a magnificent editorial and a thought-provoking introduction, has made its annual touching appeal for help for the now famous Hundred Neediest Cases.

The Times does a good job, and the warm-hearted public has done equally well in responding.

But are the Times and the public as interested in helping to prevent all this misery as they are in relieving it? If not, why not?

Has it occurred to them that if the mothers and fathers in these pitiful tales had unlerstood how to proportion their babies to their earnings, the number of pitiful tales would be only about half as great?

Read some of these stories, as the Times tells them, and then read our comments, side by side, and see if you do not agree.

NEW YORK'S 100 NEEDIEST CASES

An Appeal to Those Whose Christmas Will Be Merry to Share A Little of the Season's Gladness with the Most Destitute Among the Great City's Unfortunates

Cases Selected for The New York Times by Four of the City's Leading Charity Associations

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The New York Times, according to its old custom, presents today the Hundred Neediest Cases among the city's unfortunate. These represent but a fraction of the families and individuals that must turn to the charity of their fellow-beings for help.

Despite the country's amazing prosperity, the situation among the poor is more pitiful this year than ever before.

* * *

The labor situation has tended to bring relief to a great number of those who formerly were on the verge of entering the charity lists. Wages have gone up and living conditions have been bettered.

This change, however, has obtained only in those families that can boast full-grown wage earners. And as this class has gone forward, others with no responsible and capable head, handicapped by poverty and disease, have been steadily pushed back against the wall. Wages have not gone up for them for the reason that there has been nobody to earn wages. The cost of necessities, moreover, has soared entirely beyond their means. The dollar in the past meant some degree of nourishment to a poverty-stricken family. Today the 50-cent dollar means little more than starvation.

The battle is to the strong, but these are not the strong. Handicaps of environment, heredity and chance have weakened them.

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These cases are our own poor and suffering; these children are our own future citizens. It is within our power to make healthy and wholesome the citizenship they will give us. This is a problem of rehabilitation and reconstruction within our very doors. We cannot afford to ignore it.

* * *

CASE 1.

Children Watch Dying Father

Seven children ranging in years from 13 to 1 are members of this family. In one room their father lies coughing. The three older children know this is the last Christmas he will spend with them. In the kitchen their sick mother, just returned from the hospital, drags wearily across the floor and finally collapses in a chair. The oldest child, Annie, takes the pot of tea from her hands and fills the seven broken cups with the weak liquid. She pulls a half loaf of bread from the rusty bread-box and cuts it into seven slices. With no other supper than this, the children go to bed. Several times during the night they are awakened by the hacking sound of their father's cough. In spite of their environment the children are bright. Their mother is a capable woman. Assurance of sufficient money to feed and clothe the children for the year will mean new life to her.

Total amount needed, $1,188.60.

This father had evidently earned only an existence wage when he was well, yet he knew no better than to have seven children in thirteen years. Think how different it would have been if a wise physician had been free to instruct him and his wife, so there would have been not more than three children. Then when he lay dying, the baby might not have had to go to bed on bread and tea. And perhaps too, the father's life and the mother's health would have been saved.

CASE 3.

Father of Six Tuberculous

Michael McS. was a happy, strapping smiling longshoreman, to whom the cold and frost and winds were as nothing. Last year, however, the fates went "ag'in him" in cruel fashion. Michael developed a heavy cold in the chest, which, for lack of proper care, quickly turned into tuberculosis. There are six little ones, the oldest 10. The youngest is a baby of 8 months. Mary, their mother, though willing and anxious to work, cannot do so. Michael needs her and so does six-year-old Elizabeth, who is a cardiac child. The doctors say that six or eight months in a sanitarium will put Michael on his feet. It will mean that he will be able to put this period of misery and suffering behind him and begin afresh.

Total amount needed, $480.

Six children under 10 is more than the wage of any longshoreman, however "strapping," can adequately support. When the doctors dismiss Michael from the sanatarium, will they tell him how to regulate his family, or will he go back and have

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more cardiac children? If he doctors do tell him they will have to break the law to do it. That's why we are working to change the laws, in order that no doctor need hesitate to do the humane thing in cases like this.

CASE 5

Children Need Mother

A year ago Margaret D. for the first time went to work and helped her father take care of the seven little D.'s, the youngest of whom was less than a year old. The influenza epidemic came and out of the large family chose Margaret and her father as its victims. Mrs. D., left alone with the seven children, was prostrated with grief, and is only now recovering. She is a splendid mother to her children, but unless help is given to tide her over until Alfred, the oldest, can go to work, she will be separated from them. Alfred is thirteen years old now and within a short time will be able to lift some of the burden.

Total amount needed, $1,186.20.

Margaret apparently went to work at the earliest possible legal age. Think of the ignorant rashness of parents who have a seventh baby, when they are obliged to have the oldest work while still a mere child, in order to support the rest of the family. Can any one call this intelligent parenthood? Is it conceivable that these parents really wanted the three or four last children? They simply didn't understand how to avoid them.

CASE 7

Sick Mother Breaks Down

Partly blind, suffering from a weak heart, a new baby coming to add to the care of the five still dependent upon her, and a husband in the hospital with a compound fracture of the leg. These were the giants of circumstance with which one little woman has had to contend. The baby died soon after it arrived. Mrs. M. is now ill with a nervous breakdown. The worry over her husband, the fear of having her children taken from her, the inability to prepare for the coming of the last one, have broken her spirit. A few months in the country will put her on her feet. At the close of that time her husband will be cured and will again be the bread-winner for the family.

Total amount needed, $520.

Should a partly blind woman with heart trouble go on being a mother over and over? A few months in the country may "put her on her feet" temporarily, but it will not prevent her becoming pregnant very shortly and appearing again next year as one of the hundred neediest cases. It is fundamental help she needs, not merely tiding over.

CASE 8

Mother's Health Broken

Little David, who is just a year old, was born after his father died. There were five round-eyed youngsters and a tear-stained woman to greet

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his coming. David's mother, soon after his birth, went out washing and cleaning in order to keep her children with her. It is little wonder that a year of this work has made her an old woman. Thomas, her oldest, is now 15 and has come to the fore as supporter of the family. He makes $8 a week. His work demands that he be neatly dressed. Eight dollars does not go far with clothing and food at the present prices. Until the second son can earn something and Thomas gets an increase in salary, this family needs help.

Total amount needed, $720.

David did not ask to come, and surely David's mother did not want him to come. A worn out woman and a child of fifteen trying to support a family of seven! All of them deprived of a chance, simply because there were too many of them born within a short space of time.

CASE 11

Madman's Wife Helpless

Disease turned the mind of Tony M. to infanticidal frenzy. Night after night Cerubina, his wife, fled from his attacks with her five helpless children. Neighbors discovered her plight and Tony was removed to a hospital. For a time there was peace in the poverty-stricken home of this family. One night, however, Tony escaped and for six months more made the lives of his family a hideous nightmare. He was finally committed to an institution, but not before the fear and anxiety for her children had made Cerubina too ill to continue providing for them. In addition to her mental trouble, she had to undergo a serious operation. Cerubina is sure that with Tony safe and herself made healthy she will in time be able to take care of her brood, the eldest of whom is 11.

Total amount needed, $480.

No woman who is ignorant about controlling conception can protect herself from a diseased and insane husband. So long as he remains in the home her most serious danger is that another baby life may be started. Five children under eleven is proof enough that Cerubina had long needed to know how to control the size of the family.

CASE 12

Mother Ill, Child Blind

Because Patrick K. was forced to assume responsibility of his sick father's family when he was a boy he finds himself unable now to give his own family the care and support they need. He is prematurely old and worn out. His wife cannot help him, due to her suffering from a dislocated hip. There are four children, all sadly undernourished. Michael, a boy of 7, is blind. John, the oldest, a boy of 12, in willing to go out into the street after school and sell papers, but he cannot stand the cold. Patrick has never ceased work and won't so long as he is able to get

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about. But the struggle is too great for him. His would indeed be a happy Christmas if some additional support were assured this coming year.

Total amount needed, $150.

Here is a record or misery in three generations, simply because there was not temperance, in child-bearing when conditions were so bad that the children had not a fair chance. What permanent good does it do to give a little "additional support" now, if Patrick and his wife are not also taught how to avoid having more miserable babies to further wreck their family?

CASE 13

Seventeen, Provides for Six

Seventeen-year-old Ethel Myers sews linings into sleeves in a garment factory. She has been doing this for more than two years, ever since her drunken father went violently insane. Her mother, aged before her time, can do nothing to help the younger girl, and the $14 she makes is all that stands between starvation and the four younger children, her mother and herself. Ethel has had one breakdown due to overwork and worry, but the Charity Organization pulled her through that. Today she is back at work, but the $14 cannot be stretched to buy the food and clothing which the young voices continually demand. A small additional sum each week will mean new hope and encouragement to this brave girl.

Total amount needed, $336.

Government Commissions have reported that $15 a week is the least wage that will support one young girl in decency, and here is Ethel trying to support six people on $14. Obviously some of her younger brothers and sisters were born *after* the father became a drunkard,—perhaps even after he was insane. Must Ethel face a possible history like her mother's just because our laws say she shall not learn how to have only those babies to whom she can give good care?

CASE 14

Breadwinner for Nine

Louise B., 16, makes $10 a week. With this she takes care of a sick mother and seven younger children ranging from 15 years to 6 months. Occasionally she carries to her father, who is in the hospital with heart disease, some sort of dainty. In the evening Louise sits and wonders how much longer she will be able to continue this difficult road she is traveling. The only cheering thought is that within another year Joseph, the fifteen-year-old boy, may be able to help her. One year! But in the meantime, what about clothes and food and rent? At times Louise grows helpless and imagines hideous things. Assurance of help for one year is the only thing that will prevent these mental images from turning into realities.

Total amount needed, $780.

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If any one thinks charity is a solution of such fearful problems as this, let him look at the pitiful amount asked for this family,—$780. That, with Louise's weekly $10, will be but $1300. a year for nine people. The War Labor Board decided that $1,777. a year was only a decent minimum for a family of five. If the five younger children had been avoided, the father and mother might have saved their health, and Louise and Joseph might not have been doomed to premature old age.

CASE 16

Widow and Seven Sons

Mrs. G. tried to be both breadwinner and mother to her family of seven children after her husband died of influenza last year, but it was too much for her. Her oldest son is 12, her youngest 1½. They are all boys and all anxious to grow up and do the things that the "charity lady" tells them about when she reads from the gayly covered adventure book. Just now, however, their mother is faced with the biggest adventure that ever fell to the lot of human being—the care of seven large-eyed sons on no income whatsoever. If their cupboard is filled and can be kept filled for them until they grow a little older the story will end with the words, "and they all lived happily ever after." Otherwise the seven sons and their mother must be separated.

Total amount needed, $1,320.

This couple had children averaging eighteen months apart, in spite of the fact that the husband earned so little that when he died there were absolutely no savings, and eight people were cast into cruel poverty. Suppose the "charity lady" beside reading fairy tales to the youngsters had been able to direct their parents to some good doctor five years ago who could have told them how to postpone having more babies till they had money ahead? But the "charity lady" would have broken the law, if she had done it, and so would the doctor if he had told.

CASE 17

Father Dead, Third Baby Coming

Mrs. E. was left a widow with a three-year-old child at her skirts and a fourteen-month-old baby in her arms. A third baby is expected soon. The mother of Mrs. E., who lives with her works in a factory so that the children may not be taken away from their home. A brother contributes a dollar a week to their support, all he can spare. In different circumstances, Mrs. E. could go out to work and let her mother take care of the children. It will be a year at least before she will be able to do that. Unless assurance of help for a year is given them the family will be broken up.

Total amount needed, $200.

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It is easy to say that no man has a right to create a new baby when he knows that his death would leave a wife and the other babies to starve. But before he is blamed too hastily, he should at least have the chance to learn how to postpone the new baby till a brighter, safer time. Our laws deny him this chance.

CASE 21

At Twenty-eight She Has Six Children

Katherine J. was 28 years old when Thomas, her husband, died of influenza last year, leaving her with five children, all under eight and a sixth on its way. The death of the father and the coming of the new baby almost caused a total collapse. It was the voice of three-year-old little Tom (Tom, senior, now) that gave her new hope and courage to go on living. Katherine cannot go out to work; her children are too many and too young to be left alone. Unless financial help is given they may be taken from her. Ten dollars added to the weekly sum her church is giving her will mean a happy home for this unfortunate family.

Total amount needed, $500.

Six pregnancies in eight years! Few well-to-do women would desire that fate, and certainly no poor woman could. This story alone is enough to warrant the alteration of our laws. Parenthood is a beauteous thing; the richest of all human experience,—but such parenthood as that of this pitiful ignorant Katherine and Thomas J. is a sheer travesty.

CASE 22

A Brave Widowed Mother

The story of the plight of Maria S. begins with the influenza epidemic last year. Joseph, her husband, who had always been a good provider for her and their two children, was one of the first victims. He did not die, but the aftermath was insanity. All the savings of family went for his care and the preparation for the advent of an expected baby. The baby came several weeks ago. At the same time Maria received the news from the hospital that Joseph had died. Maria's future will be black unless help is given her now. Teresa, her oldest, is four years old; Francesco is one, and the baby but a few weeks. Maria wants to learn a trade which will help her support her young family and keep her home intact.

Total amount needed, $600.

The influenza epidemic of last year began in the autumn. If Maria's baby came, as the story says, only "sveral weeks age", it must have been conceived when the father was either actually ill with the influenza or insane as the result. Think of letting an innocent baby's life start under *such* conditions. No loving mother would intentionally do that. Is it fair to keep them ignorant?

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CASE 23

Children Called to Her

When Mr. B. died and left his wife with six helpless little children, all under thirteen, Mrs. B. listened to the advice of her neighbors and put four of them into an institution. With the two others she moved into two dreary little rooms and began the difficult work of finishing garments to provide food and clothing for her family. Every now and then, however, the coats would slip from her fingers and her eyes grow dim with tears. The wall in front of her would become a screen upon which the faces of her four babies would play. Try as she would, she could not dispel the image. She was fast developing into a nervous wreck when the four children were brought back to her. To keep this family together $75 a month is needed.

Total amount needed, $900.

Natural mother love, deprived and thwarted just because she overdid motherhood! The children the victims of abnormal inadequate care, just because they were born too fast! If Mrs. B. could begin life over again, do you think she would not welcome contraceptive knowledge if it could be given her?

CASE 26

Five Underfed Children

Six months ago Bernard H. was sent to a tuberculosis sanitarium, but it is said he will get well in about a year. In order to provide for the five other children Mrs. H. undertook work as janitress in a large apartment house. Jessie, 11 years old, and Kate, 10, helped her with her duties during the Summer, but as the work became heavier and heavier during the Winter, she found that she could not do it. The three little boys, 3, 5 and 6 yeas old, are showing the lack of good food and care in their trembling little bodies and emaciated faces. Mrs. H. needs $100 a month to enable her to give the children the care they need.

Total amount needed, $1,200.

No janitress is paid enough to support a family of seven. If Americanization is to mean something really worth while, it must include education as to how to proportion families to earnings, and it must mean earnings which will permit parents to have families of normal size.

CASE 28

Home Cheerless, Cupboard Bare

Mr. I. died in the Spring and left to his wife the care of their four children, all of whom were under 8. A fifth was expected in a short time. Until it came Mrs. I. took in work and added to the little sums contributed by the other members of the family, who did not want to see the little home broken up. One of her brothers-in-law, a laborer, gave her 50 cents a week, a brother added a little more. During the

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months of her convalescence Mrs. I. had to depend entirely upon charity for existence. Today, however, she is once more taking in work and making about $3 a week. Most of her time is spent in taking care of the children. Anna, a little girl of 4, has to be taken to the clinic several times a week to get treatment for an arm that is still stiff as the result of an attack of infantile paralysis. The home is cheerless and the cupboard bare.

Total amount needed, $250.

Such tales as this justify the expression "victims of parenthood". Five pregnances in eight years is a record for which no man should be responsible, when he knows that his death would mean leaving the "cupboard bare".

CASE 29

A Game Breadwinner

Stephen is 25 years old. Years ago he had dreams of becoming an enginneer and building bridges. With the death of his tubercular father and older brother, however, the dreams vanished. Stephen became the sole support of his weakened mother and his six younger brothers and sisters. In order to give them the bread they needed, Stephen held a day job and an evening job. The mental worry and physical strain proved too great and he fell a prey to the disease that killed his father. A few weeks in the country paid for by the charity organization has put him on his feet. Once more, however, he is facing a future of deadening responsibliity. The next oldest boy is 15. After him comes a girl of 14. Within a year both of these children will be self-supporting and may be able to give something toward the care of the others.

Total amount needed, $1,300.

If Stephen had not had to care for his father's too numerous sickly family, he might now be in condition to be a healthy father himself, and to realize his dream of engineering too. Let us hope the laws will be changed before he marries so he may be spared from repeating his father's history.

CASE 30

Reunite This Family

The death of her husband left Mrs. N. weak and penniless, and it was necessary to place three of her five children in an institution. While she was grieving over their absence the sixth child was born, a weak, delicate baby who is showing the effect of lack of prenatal care. Today Mrs. N. has recovered from her illness, but her mind is full of the thought of the three children who are not with her. She is not in a condition to go out to work. If she had a weekly allowance of $8 she could take care of her entire family. No greater gift could be given her this Christmas.

Total amount needed, $400.

This sort of story is repeated so often that one's mind

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and even one's heart may become hardened at its recital. These endless men who die leaving their wives penniless with half-dozen children! They are far too numerous to be neglected. The charitable folks must do more than give relief. They must help prevent the disastrous situations. Giving contraceptive knowledge is basic help.

CASE 31

Orphaned Little Ones

John was 28 when he died of tuberculosis last Summer. He left his wife, Laura, with a 4-year-old boy, a 2-year-old girl, and an unborn baby who arrived several months later. The two little ones cling to Laura's skirts as she holds the smiling infant in her lap and want to know when their daddy will come home with things to eat. That is all they look forward to now. When Laura is stronger and the baby older she will be able to do something to support them. Now, however, it is a throw between the orphan asylum or the home she is anxious to keep for them.

Total amount needed, $650.

Another baby conceived when one parent was tubercular! And still the doctors say "Sorry, but the law forbids us to tell them how to avoid it".

CASE 36

Work Broke Mother's Health

In order to keep her four children with her after the sudden death of their father, Mrs. M. went out to clean offices in the early morning and late at night and worked as a dish washer in a restaurant during the lunch hour. She kept her children but lost her health. Today the work at the restaurant is all she can do. She makes $5, but it is not enough to keep the four children in the two dingy little rooms where they live. The oldest boy is 14 years old, and in a short time will be able to get his working papers. He has great plans for relieving his mother of her cares. Until those dreams come true, even in part, Mrs. M. needs help for a year at least.

Total amount needed, $600.

The bravery of these struggling mothers and plucky sixteen year old lads who become little fathers to the younger ones, is superb, but their crippled health and shortened education is a loss to the country. How about the responsibility to those who know how to avoid such situation themselves, but who are not insisting that their knowledge he shared with those who need it most?

CASE 38

Youth with Man's Responsibilities

David is the seventeen-year-old head of a family of his mother and her six younger children. David shouldered the family burden upon the

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death of his father, two years ago. The children range in age from 1 year to 13, which means that for two years more the responsibility must rest on the shoulders of this boy. The mother is anxious to help him, but taking care of the brood of children has sapped all her strength. Today David goes to work in a thread-bare suit of clothes. An overcoat is out of the question. In his care for his family the boy is forgetting himself. In spite of his self-abnegation, however, he cannot make ends meet. Five dollars a week would mean a great deal to this child.

Total amount needed, $250.

What sort of preparation is this for David's own fatherhood? He may easily fall a victim to tuberculosis and pass on to his childern the predisposition to disease. And so the tragedies double and treble. Isn't it high time for humanity to breed itself wih intelligence and efficiency, and not waste its heroism in battling with needless miseries?

But why go on? The cases are all tragically similar. Beginning with No. 100 and working back, they would be found substantially like those already given. Out of the whole hundred there are at least fifty-four where knowledge of how to regulate the family birth rate, if had in time, might obviously have avoided the tragedy altogether, or at any rate mitigated some of its terrors.

Charity is beautiful, but it is not enough. No one can resist wanting to feed and clothe all the forlorn little children described tn the Times cases. But there are thousands of others whose stories are not printed, and all the warmhearted people who give the *temporary* help asked for, ought also to have vision enough to give the things which mean *permanent* help. Freeing of contraceptive knowledge is one of them, and perhaps the most fundamental one. Without it higher wages and better living conditions are futile. Any family, if it increases "nature's way", will outrun any average wage.

This knowledge *must* be freed. It exists and altho imperfect and greatly needing to be improved, it is increasinly used by *all* who get it. It is practically impossible to find *any* exceptions to this statement save among the mentally deficient. And those who use it know it to be a safeguard to life and health and happiness, but alas, it is the well-to-do who secure it most easily and who need it the least. It is *they* who should have the families of six and eight and ten. It is *they* who can give the babies a chance.

The world does not progress backward. This knowledge can not be suppressed. The laws are becoming more and more unenforceable. Therefore, as the New York Times has said, anent another subject, *"Dead laws should be buried"*, and we add, buried decently and quickly too. Will you now help us to get them buried, and to pay the funeral expense?

The first aim of the Voluntary Parenthood League is to get

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the present Congress to remove the Federal restriction. This will make the repeal of the state laws an easy matter. The one big job, therefore, is the federal law.

It costs to get a bill thru Congress, simply because it costs to let the public know about the bill, so there will be an expressed demand for its passage. It costs to print the literature which tells about it. It costs to go to Washington and explain the matter to the Congressmen. It costs to buy stamps and stationery.

We do not claim that this is a cure-all. But we do claim that it is a basic social necessity, and no other betterments are an adequate substitute. Give yourself the pleasure of helping to put it through.

Mary Ware Dennett,
Director.

P. S. The postscript of any woman's letter is supposed to be the most important part, so perhaps this postscript is the most important part of our message to you.

An Amazing Investigation of the New York Hospitals

Remembering the fact that well-to-do-people are constantly given contraceptive knowlelge by many physicians who feel safe in breaking the law in the privacy of their own offices or their patients' homes, it is astonishing and also maddening to know how helpless sick women are, who can afford no other medical service than in the clinics of the large hospitals.

Dr. Mary Halton, with a Committee appointed by the publishers of the Birth Control Review, has taken the pains to find out whether any hospital in New York City would do what private physicians frequently do,—that is to give to women who are incapacitated by illness, directions for avoiding pregnancy.

Her incentive was a recent opinion given by a judge of the New York Court of Appeals that even under the present stringent laws a doctor could give contraceptive information in order to prevent disease. The Committee therefore visited every hospital in Manhattan Borough, New York City, in which women are treated, to test out the validity of that opinion.

Here is the list of hospitals.

Bellevue and allied city hospitals, which includes Gouverneur Hospital and Harlem Hospital.
Harlem Hospital
Neurological Hospital
French Hospital
German Hospital, now Lenox Hill Hospital
Flower Hospital
Italian Hospital
Jewish Maternity
Knickerbocker Hospital
Lying-In Hospital
Manhattan Maternity Hospital

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Misericordia Hospital
Mount Sinai Hospital
New York Hospital
New York Medical College and Hospital for Women, now called Community Hospital
New York Nursery and Child's Hospital
People's Hospital
Post Graduate Medical School and Hospital
Presbyterian Hospital
The Park Hospital (formerly Red Cross Hospital)
Roosevelt Hospital and Vanderbilt Clinic
St. Ann's Maternity Hospital
St. Elizabeth Hospital
St. Luke's Hospital
St. Mark's Hospital
St. Vincent's Hospital
Sloane Hospital for Women
Sydenham Hospital
Women's Hospital

Dr. Halton reports the results of the interviews in the December issue of the Birth Control Review, as follows:—

"In each instance the medical superintendent of the hospital was interviewed and asked to answer for the hospital. In a few instances in which the superintendent was either unwilling to answer or felt that he had not sufficient authority to answer, the president of the medical board was interviewed.

The following question was asked of each hospital:

"We have come to you to ask if you will give birth control information to certain patients.

We know that these patients can be legally aborted if they become pregnant, as they are suffering from advanced disease which would mean death to them if they attempted to give birth to a child.

But therapeutic abortion in this cases would be insufficient to save life. These patients are so advanced in kidney disease or in tuberculosis, that merely the incidence of pregnancy would mean the termination of their lives. Can you, therefore, in order to save these women, instruct them in methods of contraception in order that they may live if they continue a normal wife's relation to her husband?"

Every one of the hospitals refused to allow these patients to come, and each hospital said that under the present law it could not give such information to any such patients.

Some superintendents went on to explain if the hospitals acceded to our request, its charter could be revoked and the doctor who gave the information would be subject to arrest.

All hospitals declared this information could not be given by the hospital either in the clinics or in the hospital itseft in any official way. Some kindly superintendents suggested that

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we might go privately to some of the doctors of the hospital staff, and that on account of the urgency of the case, htey might be willing to break the law in their private offices.

Many superintendents expressed themselves as willing to sign a petition for a change in the present law, since it can put such hardship on sick women.

If you want the hospitals to be free to help these suffering women at the time when help will save them from more suffering, and even death, then support the Voluntary Parenthood League which is working to change the laws, so that the hospitals may be empowered to do their full duty.

Paganism and Sex

By Linn A. E. Gale

"My soul is a boomerang.
Many times have I sold it,
And cast it from me,
But ever and ever it returneth.
Damn it!"

If Ralph Cheyney, who wrote the above verse, had substituted the word "sex" for "soul," the poem would have been just as true.

Sex is inescapable. Prudists may shun it, blush at it and try to run away from it, but it is there, just the same. Girls who sell themselves for a lifetime to titled nincompoops, hare-brained millionaires and aristocratic asses, barter their sex, just as does the street-walker, for so much money and so much comfort, yet "ever and ever it returneth." Whether we repudiate sex in squeamish sanctimony, auction it away to the highest bidder or drag it in the slime of sensuality until it becomes a purulent and putrefying thing, we still have it on our hands. It clings to us when we try to thrust it away. It insists on keeping close to us after we have sold it. It hangs on to its owner, like a festering body of death, after he has wasted it and exhausted its usefulness.

All of which serves to suggest that sex is not only inescapable but a thing of beauty and utility. And beauty and utility aside from the mere process of reproduction. The great minds of the last century began to glimpse this truth and an increasing number now recognizes it. It is time everybody awoke to it.

Mary Ware Dennett in her splendid little book, "The Sex Side of Life," well says: "The sex attraction is the strongest feeling that human beings know, and unlike the animals, it is far more than a mere sensation of the body. It takes in the emotions and the mind and the soul, and that is why our happiness is so dependent upon it." And again: "It is *not* a nasty subject. It should mean everything that is highest and best and happiest in human life. . . . Love is the nicest thing in the world, but it can't be bot. And the sex side of it is the biggest and most

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important side of it, so it is the one side that we must be absolutely sure to keep in good order and perfect health, if we are going to be happy or make anyone else happy."

Havelock Ellis tells an age-old truth in "Sex in Relation to Society," when he declares, "Whether or not Christianity is to be held responsible, it cannot be doubted that thruout Christendom, there has been a lamentable failure to recognize the supreme importance, not only erotically but morally of the art of love. . . . For Christianity the permission to yield to the sexual impulse at all was merely a concession to human weakness, an indulgence only possible when it was carefully hedged and guarded on every side."

It is a fact confirmed by history that the Pagan philosophies in many cases treated the fundamental subject of sex more sensibly and withal more reverently than the Christian churches have ever treated it. With the Pagans, sex was a privilege and a blessing, and sexual relations were by no means mere physiological processes for the manufacturing of new human beings. Intercourse was the natural and beautiful expression of love and the amorous emotions. It was a physical act of pleasure but behind the act was the affection that elevated the experience to a holier level.

After the coming of the Christian church, this conception was obliterated largely to make way for the vicious notion that the sex organs were "unclean" and that the sex embrace was something inherently wicked that could only be justified after the observance of elaborate rites of church and state. It does not appear that Jesus was responsible for such doctrines. On the contrary, he seems to have been an exponent of the nobleness of Human Life and all that is involved in its normal relations.

That Jesus was a Pagan, is the flat assertion of Efl Merrill Root who, writing in the *Pagan Magazine,* says of the Man of Galilee: "While yet a child, he repudiated parental authority in favor of his own tuitions; as a man, he repudiated thrift, property, occupation, reputation, social position and all the other bourgeois Lares and Penates, to follow his whim of living as a 'hobo.' He ate and drank with prostitutes and saloon-keepers. He had the same opinion of forms and rules and organized religion and authorized clergymen, as any modern freethinker. He had contempt for law and government. . . . The hope of the world is that 'Christianity' will die out and be succeded by the Paganism of Christ. The hope of humanity is to turn from custom to nature, from authority to impulse, from God in the sky (the transcendent Policeman) to God in the heart of Man. 'Religion' must turn from the originator of 'Christianity,' Paul, to the exponent of Paganism, Christ."

Whether Paul is to be blamed for the injection of asceticism and Puritanism into a philosophy that was obviously originally Communistic and iconoclastic, rather than churchified and religious may or may not be true. But the fact remains that the

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baneful dogmas of the duty of self-repression, bodily mortification and strangulation of natural impulses, date from the rise of the early Christian church. And it is evident that an influx of the Paganism of the ancients would help mightily in ridding the race of some of its archaic, stupid and narrow ideas on this stupendous subject of sex.

Edward Carpenter remarks in "Love's Coming of Age," that sexual love is not only needed for physical creation but also for spiritual creation. In "The Sexual Life of Our Time," Bloch says that "love and the sexual embrace have not only an end in procreation, they constitute an end in themselves, and are necessary for the life, development and inner growth of the individual himself."

Plutarch tells us that Epicurus would discuss with his disciples various sexual matters such as the proper time for coitus. Among savage (?) tribes, "sexual initiation" is carried out with young people at the time of puberty and the physiology of sexual relations is explained plainly. The educational methods of primitive peoples, Havelock Ellis says, again quoting from "Sex in Relation to Society," usually "include a training in those arts which render a woman agreeable to a man and a man agreeable to a woman in the relationship of marriage and it is often more or less dimly realized that courtship is not a mere preliminary to marriage, but a biologically essential part of the marriage relationship thruout."

How inadequate are our modern educational systems that take little or no cognizance of sex, when compared with the crude methods of the unlettered races who, without books, scientists or teachers, sense the need of instructing their young in sexual truths!

How striking the contrast between the Paganism of long ago that taught that every part of our bodies is beautiful, that frankly and freely admired the uncovered human form divine, and that recognized the thrill of the sex passion as a sacred and wonderful experience, and the orthodoxy of today that honors prudery and ignorance regarding the most vital thing in our lives!

Let us go back to Paganism and there find Truth, Freedom and Sanity!

Disobedience and Health

One of the saddest regrets that can come to parents has to do with misapplied punishment. Fortunate is the man or woman who has none of this to look upon, who can truthfully say that he or she never scolded or whipped when kind words or discreet oversight was the better course. Selfish motives, were there no other reason, should prompt parents never to lose temper with the little ones, for as I say, they will think of it many times in after years.

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No parent has a right to punish a child without knowing exactly what he is about. Undeserved punishment is one of the most common causes of hardened dispositions among children.

Obedience depends largely on health, physical well-being. Parents do not always perceive this relationship in time, and some teachers, too, make the same mistake; a child is scolded for laziness and stubbornness when in reality he is too ill to be at school. Deaf children and those with defective vision are often sensitive concerning their misfortune, and if teachers are too careless to discover the real trouble or too cruel to sympathize and help, the little folks go on month after month receiving censure for dullness and indifference, of which they probably are entirely guiltless. As Shaw Desmond said in an article that awakened interest thruout England, "Toothache or indigestion would prevent a Socrates from learning."

Whether or not Punishment ever is justifiable is a big question; volumes might be written on the subject, for there are many arguments on both sides. For the present, let us assume an affirmative answer, for, right or wrong, many thousands of parents and guardians believe in harsh and violent measures when they judge them warranted. But about one point there can be no question: reproof must be applied wisely if any good is to be accomplished. And the first move is to find out the cause of disobedience; to believe that all failure to obey is wilful is as foolish as it is unjust.

Few children are naturally stubborn, and if your boy does a thing over and over again when he knows it gives you displeasure and perhaps brings him a scolding or a whipping, there is apt to be a hidden cause. I well remember a girl who had "tempers." About ever so often she became so irritable that, as her mother said, "there was no getting along with her." Finding that scolding did no good, the parents began whipping her. Finally, one day under the sting of the switch she had a fit—temporarily lost her mind. *Then* the doctor was called. It developed that the poor child's bowels had not acted for five days, and that she often went that long without a movement. No wonder she had "spells!" The same cause, auto-intoxication, has driven many adults to murder and suicide.

Naturally, we ask how this could happen. The mother surely was very inattentive to that girl; but we must admit that there are many careless mothers. And it is true that in many cases mothers, especially mothers little more than children themselves, know but little more about health than their offspring. Further, there are conditions under which even intelligent and careful mothers might be off guard for a few days or a week. It is hard for any parent never to forget. But why did not the child say something?

There are three principal reasons why many children suffer in silence. They are ignorance, fear and pride. The unfortunate I have mentioned had never been taught anything worth men-

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tioning about health; tho not well, she had no pain that she could trace *directly* to her constipated condition. From others' conversation, she supposed that such subjects were nasty, and continued to suffer till the climax came. If a little fellow has never been well, he has no standard of measurement, doesn't know what he should be. He knows that there is "something wrong with him," but his knowledge of the body is too slight to trace mental effects back to physical causes. To whip such a child is an outrage; we must teach him what he should know about himself, what he should be, and to come to us, his parents, with his pains and problems.

False modesty in the child, for which prudish parents are to blame, keeps him ignorant of so many things he should know. The average child will endure most any discomfort that involves his sexual organism before he will tell any one of it. He has been taught that certain parts of his body are nasty, necessary evils, as it were, afflictions for which he should be ashamed and for which the only apology is absolute silence. Prudery, poisonous prudery, O, how many sins may be laid at your door! To let a child grow up ignorant of his sexual organization, its mechanics, purpose and sanctity, is a crime, parents, a monumental crime for which you should and will suffer. You can do the little dependent whom you claim to love no greater wrong.

Fear does untold harm. The child who is whipped repeatedly becomes cowed. He is afraid to voice a complaint. A certain 9-year old pupil was scolded for staying out of the room too long, and it embarrassed her so that for the rest of the term she ignored all bodily calls to be excused. Doubtless it would surprise us to know just how many school children are injuring themselves in this way.

A teacher who rules by fear has no place in the school room. There is nothing she can teach the pupils half as valuable as what she is killing in them. A spiritless child, bullied and flogged, is apt to be a spiritless man—or worse, a sneak—and the adult without any grit or a mind of his own is a sorry sight in this day when only the fittest of the fit survive.

Fear of medicine often causes a child to keep its troubles secret. If its parents believe in quinine and castor-oil for everything, the youngster figures that the cure is worse than the disease. It surely is important to teach children that medicine is only one of many curative measures, and that you as parent will not give it except when absolutely necessary.

Teach the child to believe in your good judgment; he will, as soon as you have illustrated it a few times. There is no other way to make certain that he will always let you know his true conditions. Little Tommy Cline witnessed the removal of a cyst from his brother's eye. The scene, especially the pain, so impressed Tommy that he suffered over a year with eye troubles before his parents discovered that he needed glasses; tho he had been told to keep them informed. Tommy was not going to take

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any chances on being sent to the oculist! Before you laugh at Tommy, think of the grown-ups you have known who permitted half or all their teeth to decay rather than suffer a little in the dentist's chair. Children are not the only timid persons.

Many children are full of pride. They will torture themselves to win a contest or to make good some silly boast of their parents. I am reminded of young Eddy who was just recovering from influenza. Weak yet, he was told always to take the car to school, a considerable distance from his home. Incidentally, the father remarked that a neighbor boy had recovered very quickly and been able to walk to and from school. Now Eddy possessed athletic ambitions, he had contested with that neighbor boy many times. He determined not to be outdone; he would walk, and after a week or so he would tell his father and prove that he was "just as good a man" as neighbor Felton. But three days thereafter game little Eddy was in bed again, with a relapse, and he barely pulled thru. He paid dearly for his disobedience, but who was to blame for his erroneous idea of pride?

Good health, all-round physical normality, makes the very best foundation for reliability and obedience. Illness brings idleness, idleness breeds introspection, despondency, a "grouch." Health and activity are natural for a child, and it cannot be natural and normal without them.

Nietzsche's Criticism of "Big Words"

"I am full of mistrust and malice towards what is called an "ideal." . . . Every time "progress" is expected to result from an ideal, disappointment invariably follows; the triumph of an ideal has always been a *retrograde movement.*

Christianity, revolution, the abolition of slavery, equal rights, philanthropy, love of peace, justice, truth: all these big words are only valuable in a struggle, as banners: not as realities, but as *show-words* for something quite different."

A Thought Is Like a Girl

The presence of a thought is like the presence of a woman we love. We fancy we shall never forget the thought nor become indifferent to the dear one. But out of sight out of mind. The finest thought runs the risk of being irrevocably forgotten if we do not write it down, and the darling of being deserted if we do not marry her.—Schopenhauer.

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Medicine and Therapeutics

Iodine in Chicken-Pox

Dr. Ch. Corben (B. M. J., 8-2-'19) for some time past has made it a rule to treat all cases of chicken-pox with iodine. From the first he gives instruction that every vesicle shall be painted twice a day with tincture of iodine, applied with a small camel-hair brush. Thus not only is secondary infection prevented, but the itching is almost entirely prevented; the pocks heal more quickly; the duration of the disease, and so the infectious period, is materially shortened; and scarring is entirely absent. The writer always advises that not more skin than possible be painted, only the vesicles themselves.

Intolerance of Aspirin—A Warning

Dr. E. J. Tyrrell (Lancet, 6, 28, '19) thinks that in view of the modern craze for aspirin the following case will be of interest as illustrating the danger that sometimes accompanies the indiscriminate taking of this and other drugs.

A clerk, aged 33, ate a hearty meal, washed down with ale and followed by a liqueur about 1 P. M. At 3 P. M. tea was handed round in the office. A brother clerk, suffering from headache, produced a box of aspirin cachets and proceeded to swallow one with his tea. He handed the box to his pal (the patient) who also took one, out of sheer curiosity. An hour later he felt a peculiar itching on face, chin and lips. His tongue became swollen and his whole face assumed a bloated appearance. He felt giddy and sleepy. He became alarmed and two colleagues carried him to Dr. Tyrrell's rooms, who saw him at 5 P. M. The patient's face presented a dusky swelling; he could speak only with difficulty; the tongue appeared almost to fill the buccal cavity. Hands and arms were swollen to nearly twice their usual size. His pulse was quick and feeble. He was given an emetic of sulphate of zinc, which acted promptly, then a hypodermic injection of strychnine, followed by sal volatile. Improvement was perceptible within a few minutes. He complained of feeling very cold. He was well wrapped up, placed in front of a big fire, and given brandy. Within an hour he was well enough to proceed home. He was given hot milk and brandy and sent to bed. He slept for 11 hours and awoke feeling a little tired but otherwise quite normal, and showing no trace of swelling anywhere.

The author emphasizes that the aspirin was taken within two hours of a rather good lunch and the dose was only 10 grains.

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Treatment of Chorea in Childhood

Dr. J. Burnet (The Prescriber. October, 1919) deprecates the treatment of chorea as generally carried out. He outlines the following treatment:

The patient must be put to bed between blankets, and kept there for six weeks at least. The child must be kept amused, but no excitement must be allowed. The heart must be carefully examined at every visit. Auscultation is not sufficient. Percussion will often yield evidence of heart affection when auscultation would reveal nothing abnormal.

The diet must be light and suited to the powers of the patient's digestion. Mellin's or Horlick's food given with milk renders the milk more digestible. Eggs, butter, milk puddings (sago, farola, ground rice), soups, fish, chicken and minced mutton are suitable articles of diet. Porridge is the best breakfast dish. Massage is very important and should be carried out in every case. The limbs ought to be massaged for a quarter of an hour, night and morning with olive oil.

As chorea is practically always rheumatic in origin, the drug to give is sodium salicylate. The writer prefers acetylsalicylic acid, which is more readily taken by children as a rule. Such drugs must be given in large doses—10 grains thrice daily to a child of five years. To diminish the tendency to acidosis, sodium salicylate should be given with sodium bicarbonate. The writer condemns the routine prescription of liquor arsenicalis. Arsenic does not cure rheumatism nor does it aid in warding off heart complications. When the movements are violent, chloral hydrate is very suitable—five grains by mouth every four hours to a child of ten years.

The convalescent child should not return to school too soon. Cod liver oil is the best tonic. The clothing should be warm and light. If the appetite is poor, a teaspoonful of compound infusion of gentian may be given ten minutes before meals.

Most tumors of the female breast at or near the twentieth year are benign, whereas at or near the fortieth year they are malignant.

We should not be content with a partial operation in breast tumors if there is a question of malignancy. Only the removal of the lymphatics and the entire breast can effect a cure in these cases.

Vaginal examinations during labor should be very few and far between.

In spite of the high mortality that always accompanies labor the textbooks repeat that labor is a normal physiological process.

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Yes, it is—among animals and wild women, but not among our civilized sisters.

Phimosis in Infants

Phelip and de Galard (Arch, de Med. des Enfants—thru J. A. M. A.) have been reexamining recently 51 children who had been operated on for phimosis some time before. In every case in which there had been balanoposthitis, it promptly healed after the operation for the phimosis. With incontinence of urine, the operation was followed by a complete cure only in 7 of the 18 cases, but some improvement was manifest in 5 others. In one case showing no improvement, an operation on adenoids later was followed by improvement. With incontinence, other causes aside from the phimosis should be sought. If the meatus is unduly narrow, this is easily corrected as a rule by mechanical dilatation.

How to Eat Spinach—There is a very valuable salt of iron in spinach. If the spinach is boiled and the water thrown away there is nothing of value left. Wash the spinach in water so that it becomes clean and then boil it in the water adhering to it. Add mixed spice and salt, chop it and fry it in butter. Then you have a nutritious dish.

Malnutrition—Everhard and Felker (Ohio State M. J.) assert that very few people eat too much, but it is difficult to keep the fats down. Under all circumstances the fat excess makes trouble. An excess of fat in the diet results in bodily distress of various types. A high fat percentage keeps the protein and carbohydrates so low as to produce anemia and other disorders of malnutrition.

Alcohol and the Nervous Diathesis

The editor of the Medical Press (Sept. 17, 1919) notes that Sir Frederick Mott, in his recently published "War Neurosis and Shell Shock", brings out the remarkable fact that no less than 60 per cent of the patients suffering from war neurosis were total abstainers. He suggests that this high percentage must be due to the fact that those with a congenitally feeble nervous system are more likely to join the ranks of abstainers than others.

The editor thinks this is the right interpretation. No doubt many excellent specimens of manhood are to be found among total abstainers, but every physician who has had much to do with the constitutionally "neurasthenic" patient, must have noticed how many of them "neither smoke nor drink". The fact is they are poor things who have striven in vain by every means in their power to gain the health which is denied them. Teetotalism in their cases is one of the stigmata of the nervous diathesis.

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Sexology and Eugenics

Sex Psychology of the Child

Walter M. Gallichan ("The Child," October, 1919) comments on the fact that there is no period in human life when somatic and psychic sexual activity is non-existent. Ovulation begins in the fetus, and prior to the first manifestation of the periodicity of women, the germ of life may be found fully developed in the ovary. The mammary glands are sometimes precociously active in children. Children of both sexes frequently exhibit sexual excitement, and discover means of self-gratification before the age of four.

It is very far from sane ethical principles to insinuate that speculation in young children on sex matters, and the awakening of spontaneous erotic feelings are "impure." Many distressing psychoses arise in adolescence, and in later life, thru the folly of parents who threaten their children with stern punishment for masturbation. The frequency of the association of the first sexual excitement with chastisement should surely cause parents and teachers to reflect upon this form of correction. A craving for the endurance of pain can be set up by flogging, especially on the posterior parts. The nerves of the nates supply the sex organs, and thrashing provides a strong stimulus. In cases of algolalgnia the chastiser is sensually aroused. In the passive instances the subjects desire castigation. A young man who came to the writer lately for advice, confessed that his first sexual sensations were aroused by parents' whippings, and led to autoerotic practice. At a public school where he was made a prefect, he discovered that thrashing other boys excited him in a similar manner.

Unfortunately, the sexual psychic nature is extremely liable to divergences in childhood. If we cannot suppress all vestigial animal impulses that conflict with present-day moral standards, we can at least attempt to understand them. Few mortals, indeed, if any, are free from traces of a savage ancestry in the sexual life. Admitting this, we shall be watchful in our care of the young from the earliest days of sexual development. Our aim must be the cultivation of respect for the holy and the organs of reproduction. Sex training must be idealistic but sincere. The truth makes us strong. Sex passion must be faced boldly and understood, not ignored intellectually, and runted into the dark recesses of the mind and the under-consciousness.

Influence of Impotency on a Man's Character

Eunuchs and the sexually impotent differ in appearance and in conduct from their fellw-men who are in full possession of virile power. Even tho executed with talent and spirit, the work

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of an impotent man bears the stamp of impotence. In 1878, Victor G. Vecki ("Sexual Impotence") happened to be in the Paris Salon with one of the most famous French painters. While contemplating some paintings, the great master to whose words a crowd of artists were eagerly listening, said, "That painter must be impotent."

To the writer's question the master replied that he was able to tell by a picture, not only whether it was painted by a young man or an old one, but also the condition of the artist's sexual power. The writer believes that with some experience one can easily distinguish an impotent man from a virile one merely by his looks, demeanor, ideas, words and works.

The exterior of an impotent man does not always suggest physical weakness; on the contrary, many present a very healthy appearance and are stout. The keen-eyed public have baptized this corpulency "capon obesity." In spite of the apparent healthiness, the impotent man is generally melancholy, discontented, and peevish. The prematurely impotent are ill-humored, pessimistic and can be cheered up even for a short time only with great difficulty. Most of them are grudging, cowardly, envious and wicked. They are all very jealous, as may easily be understood. The younger they are, the handsomer their bodies, the higher their social rank, the more pronounced is their bad character.

No one is more severe than the impotent in passing judgment on his neighbor. No one so ruthelessly or mercilessly condemns a misdeed, caused by passion. Since he cannot join the virile in their enjoyment of life, he makes a merit of his incapacity.

Male Climacteric and Criminality

The climacteric of the female is universally recognized. Statistics show that at "the change of life" many women become crazy or criminal. Dr. G. Frank Lydston (Clin. Med. Oct. 1919) considers the possibility of a critical period in the life of the male—a psychic climacteric—and its relation to crime and sexual debauchery. It is a fact that in many men a moral alteration takes place at the mid-period of life.

The writer has investigated the histories of all the men of previously high social and business standing committed to the Joliet (Illinois) penitentiary during the last five years. They were sentenced for defalcation, misappropriation of money, and so on. None of them had a previous criminal record. All had been respected citizens. They were between 33 and 55 years of age.

The frequency with which men past middle life begin, for the first time, to abuse their families and to plunge into sexual excesses, is a matter of common observation. The writer suggests that there must underlie a physical cause for such a change

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in conduct. He is convinced that a toxemia of some kind underlies these aberrations incidental to the male climacteric. Is it a perversion of the quality and quantity of the endocrine secretions?

The Pathology of the Schoolmarm

A writer in the "Medical Times" (Oct. 1919) directs attention to a class of unfortunate females, ordinarily known under the name of schoolmarms, who present a complex of morbid symptoms, the etiology of which is to be found in their occupation involving much nervous tear and wear, lack of exercise, an atmosphere not markedly hygienic, and, last, but not least, celibacy.

The female pedagogue after about ten years of her professional career is anemic, her complexion is of an earthy hue, she is neurasthenic, abnormally susceptible to colds, to fatigue, to cardiac and blood-pressure vagaries. However, they are on the job most of the time and do not seem to be short-lived.

The writer suggests that their illness is directly consequent upon the thwarting of the sex impulses. The individual is enabled to dispense with the sexual life by becoming a semi-wreck. Her physical incapacity and impotence make a sexless life possible. Her chronic ill-health is a defense mechanism. The ultimate product of the unnatural adjustment is a neuter whom society accepts as a proper trainer of the young.

There is something superlatively rotten about a social system which deliberately dedicates a class to such an unnatural life. There is no difference between such a dispensation and the Oriental scheme of a Eunuch class.

Our Strongest Instincts

In the same individual are many instincts in various stages of development, and the acts to which these several instincts prompt are often inconsistent with each other. The primordial instincts of Reproduction and of Sustenance are universal, but even they are far from being of equal intensity, in all individuals. The more recently acquired social instincts, ancient as is their origin, and long as they have been transmitted from generation to generation, are in many individuals far below, in others far above, the average in degree of development. While generally the strength of an instinct has a general relation to its antiquity, yet the relation is by no means precise, and instances are common enough in which a more lately acquired instinct, that of maternal affection for instance, can overcome the more primordial instinct of self-preservation.

A very startling fact in connection with instinct is that even the most fundamental of all, the Reproductive Instinct, may be congenitally absent, as in cretins; a still more startling fact is that

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this primordial instinct can be artificially abolished, and this not by removing a tract of nerve tissue in which it may be supposed to be embodied, but by excising the testes or the ovaries, which are altogether outside the nervous system.

Lastly, the most startling fact in the whole range of mental science is that Instincts, even those of extreme antiquity, even those which, next to the Reproductive Instinct, are the most ancient and primordial and fundamentally important of all, may undergo actual reversal and be replaced by their opposite. The Instinct of Reproduction may be reversed and replaced by a fury of destructiveness directed against the helpless offspring.—Charles A Mercier, "Psychology: Normal and Morbid."

The Twentieth Child at the Age of 50

Dr. H. H. Woods (Brit. M. J., Oct. 11, 1919) reports that in November, 1898, he attended a lady at her twentieth full-time confinement, seven weeks before her 50th birthday. She had also had one miscarriage.

The family is unhealthy, several of them having very bad tuberculous disease of the spine, but her last child, a son, seemed to be healthy, as he was in the army. The lady's periods continued until she was 55, and she is now in good health and working daily, tho she will be 71 years old in January, 1920.

[It is an old story, but ever deplorably new: the less desirable the parents, physically and mentally, the more numerous the progeny.]

Napoleon on Love and Marriage

Love—Love is folly committed by two.

In love the only safety is flight.

Marriage and Divorce—Marriage is not always the result of love. Most young people marry in order to secure independence and a position, and take spouses who do not suit them in any way. The law ought to provide a remedy at the moment they realize they have been entirely mistaken. But this indulgence ought to favor neither imprudence nor passion. A woman should be permitted but one divorce, and should not be allowed to remarry for five years afterwards. There should be no divorce after ten years of marriage.

Justification of Polygamy—Woman was given to man in order that there might be children. Now one woman alone cannot suffice a man for that purpose; she cannot be his wife while she is nursing; she cannot be his wife while she is sick; she ceases to be his wife when she is no longer able to bear him children. Man, whom Nature has limited neither by age nor by any of these inconveniences, ought therefore to have several wives.

Henpecked Husbands—The man who allows himself to be governed entirely by his wife is neither himself nor his wife; he is nothing.

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Of General Human Interest

The Influence of the Movies on Female Beauty

According to competent observers the number of beautiful female faces has increased greatly in the last five or six years because of moving pictures. Millions of young girls look every day at the carefully selected most beautiful faces on the screen, and as a result of physical imitation and psychological influence, they become more beautiful [and also more stupid, more artificial, more impossible.—W. J. R.]

It is to be expected that we shall have a race of women all with curly hair, rosebud mouth and eyes two inches wide. The influence of the eye upon the mind and the body is an incontestable fact. Readers of the Bible will remember how Jacob, who wanted to have all the striped sheep, arranged to have the mother sheep look at striped objects constantly and the yearlings were born striped.

In Greece the human body was brought to the greatest perfection. Constantly beholding beautifully made bodies improved the shape of the race.

Midwives

Dr. Geo. P. Müller (Internat. Clinics, Vol. 2, 28th ser., 1918) relates that all nations employed midwives by preference until the sixteenth century. Gradually thereafter physicians took their place and were called "man" or "male" midwives. Midwives were usually mothers themselves, and they were often clever, shrewd, and even capable women, and frequently undertook difficult obstetric operations.

Ecclesiastical control began in France in 1200 A. D. and ended when the Faculty of Physics was organized in 1601. After that time the midwife was obliged to call in a surgeon in difficult cases, not a physician. A bill to regulate the practice of midwifery by midwives, was introduced into the English Parliament and failed as late as 1813.

Germany very early began to license qualified midwives, and schools for them opened in Munich as early as 1569. Abortion was denounced and the police were to be notified if the practice was suspected. This was in the seventeenth century.

The practice of abortion was due to the prevalent desire to avoid child-bearing. In some countries physicians attended patients disguised as women, a fine and severe penalty being imposed in case of discovery. A Doctor Veit, of Hamburg, was burned alive for such an offence. Italy was first to permit physicians to attend labor cases. Then came France, Spain, England, and Germany in order.

Many prostitutes became midwives in large cities. In perhaps all countries they are now obliged to register and obtain

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licenses. Louise Bourgeois, of Paris, achieved a great reputation as a practitioner and author. Astruc says surgeons were first employed in 1663, when Clement was called by Louis XIV to the Duchess La Vallière.

Pregnancy at the Age of Fifty-Nine

To Dr. E. Depasse (Gazette de Gynécologie 1891) we are indebted for the record of the following extraordinary case.

One day the writer was consulted by a gray-haired woman because of a supposed abdominal tumor which two physicians had diagnosed, the one as a fibroid, the other as a cyst. Upon careful examination, ballottement and the fetal heart were discovered. The patient was 59 years of age, had reached the menopause nine years previously, and had a married daughter 40 years old.

On the 21st of December, 1889, the venerable gravida was delivered of a healthy child, which she nursed and weaned on her sixtieth birthday.

Unmarried Mothers—Dr. Agnes Blühm, of Berlin (Arch. f. Rassen & Ges. Biol. Oct. 24, 1918) states that of German war workers who have become mothers 48.4 per cent. are unmarried. Out of every 100 advanced pregnancies of the unmarried women there are about 40 miscarriags or abortions.

The Polish Haircut—The most startling announcement of the new Polish government is the recent edict of the Ministry of Public Health ordering every man in Poland to get a "billiard ball" hair cut. "All men without exception must submit to hair cutting," says the announcement. Girls above eight years are exempt. They will still be left in possession of their tresses if in the judgment of the authorities there is no danger of infection. —Long Island M. J.

Strong Emotion and Headache

F. Sargent Hoffman ("Psychology and Common Life") was told by General Horace K. Porter that two days before the surrender of Lee, General Grant suffered so intensely from pains in the head that he was entirely unable to eat or sleep. He spent the whole night previous to the surrender walking up and down the road in front of the farmhouse where his aides were resting. holding his hands to his head and often groaning aloud with anguish. At early dawn they helped him into his saddle and almost held him in his place as they rode on to meet the enemy.

Presently a messenger from Lee came into sight with a note for Grant. He slowly dismounted from his horse, sat down on a stone by the wayside, and opened it. It contained just a sentence or two asking for the conditions of surrender. Grant immediately jumped into his saddle, put the spurs to his horse, and rode off so rapidly that his aides had hard work to keep up with him, declaring that he never felt better in his life.

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CRITIC AND GUIDE

INCORPORATING

The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

1 Year, $2.00 Single Copy, 25c.

The Editor of this Journal writes his own editorials. He says what he wants to say in the way he wants to say it without reference as to what Mrs. Grundy will say or think.

The Editor is responsible for his own opinions only. He always tells the Truth or what he considers to be the Truth, but as he lays no claims to infallibility, he will be grateful to his readers if they will take the trouble to point out his errors.

It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

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This Slim Issue

The unfortunate printers' strike upset the schedules of all periodicals published in New York. Some magazines were unable to catch up and skipped one or two issues. The Critic and Guide has never missed an issue since its foundation and does not intend to do so now. But we are behind and we must catch up. We have therefore decided to get out one "slim" issue, and this will bring us up to date. Of course you will be indulgent toward us, as you have so often been in the past. Thank you. The future issues will be full size.

Moon-Desire

He was two years old when—as ordained in the law of perpetual recurrence—he asked me for the Moon.

Unwisely I protested,—

"The Moon I cannot give you because it is too high up. I cannot reach it."

"By taking a very long bamboo, you probably could reach it, and knock it down."

"There is no bamboo long enough."

He suggested:

"By standing on the ridge of the roof of the house, you probably could poke it with the bamboo."

Whereat I found myself constrained to make some approximately truthful statements concerning the nature and position of the Moon. This set me thinking. I thought about the strange fascination that brightness exerts upon living creatures in general,

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—upon insects and fishes and birds and mammals,—and I tried to account for it by some inherited memory of brightness as related to food, to water, and to freedom. I thought of the countless generations of children who have asked for the Moon, and of the generations of parents who have laught at the asking. And then I entered into the following meditation:—

Have we any right to laugh at the child's wish for the Moon? No wish could be more natural; and as for its incongruity,—do not we, children of a larger growth, mostly nourish wishes quite as innocent,—longings that if realized could only work us woe,—such as desire for the continuance after death of that very sense—life, or individuality, which once deluded us in far less pleasant ways?

Now, foolish as may seem, to merely empirical reasoning, the wish of the child for the Moon, I have an idea that the highest wisdom commands us to wish for very much more than the Moon, —even for more than the Sun and the Morning-Star and all the Host of Heaven.—Lafcadio Hearn: "Exotics and Retrospects."

"Electrometer People"

Dr. J. Mygge (Ugeskrift for Laeger, J. A. M. A., 9. 27. '19) remarks that twenty years ago any physician who ascribed pathogenic importance to meteorologic conditions was ridiculed, but progress of science, heliotherapy, etc., have demonstrated the importance of such factors. He presents further evidence to sustain assumption that the periodical transient and apparently unmotivated pains and other ill feelings of which certain persons complain are connected with certain changes in weather conditions. They are mostly persons with a predisposition to rheumatism or joint troubles. It is not correct to call them "barometer individuals", as the changes in air pressure are not what causes the attacks, and an indirect action of heat or cold cannot be demonstrated either. It would be more accurate to call them "electroscope" or "electrometer people", for there is much to sustain the assumption that there is a causal connection between the attacks and certain changes in the electrdynamic state of the air, as manifested in the currents which accompany formation of rain, snow, hail, etc. It may yet be possible to obtain control over these currents. From systematic research in this line there may develop a theory of electrdynamics of which there are already glimmerings scattered thru medical literature.

The influenza epidemics point that way, as the assumption seems plausible that only atmospheric changes or something of that nature can explain the sudden acquiring of virulence the world around by ordinarily harmless saprophytes, or the sudden lowering of the resisting power against these saprophytes.

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Size of Head

. . . Men of exceptional intellectual power generally have big heads. . . . Occasionally, very clever men have small heads, as is said to have been the case, for example, with Kant and Napoleon. In such cases we must assume an exceptionally complex cerebral organization.

. . . The size of a person's hat is no sure index of the size of his brain. Not only the circumference of the head, but the height of the cranial vault has to be taken into account, and this may be supernormal when the circumference is subnormal. Allowance must also be made for the thickness of the cranium and the overlying structures.—Med. Press.

Falsehood.—Falsehood accompanies every socail condition based upon force and fear, the force of those who rule and the fear which they inspire in the governed by the fear of the force. —H. Spencer.

Falsehood is recognized as a necessary part of the machinery of life. Autocratic government invokes the divine authority, and democracy calls upon the principle of equality—and both lie, altho not with the same impudence. The astuteness above is sustained only by the credulity below. Falsehood is overwhelming us. Our moral, intellectual and physiological nourishment is poisoned by it.—J. Finot.

Cornelius Nepos on Woman's Status in Greece & Rome

Many things that among the Greeks are considered improper and unfitting are permitted by our customs. Is there by chance a Roman who is ashamed to take his wife to a dinner away from home? Does it happen that the mistress of the house in any family does not enter the anterooms frequented by strangers and show herself among them? Not so in Greece: there the woman accepts invitations only among families to which she is related, and she remains withdrawn in that inner part of the house which is called the Gyneceum, where only the nearest relatives are admitted.—Cornelius Nepos: "Lives."

The Feeling of Pleasure and Pain

Man is not always seeking the blue bird of happiness. He is always fleeing from pain. He does not set his footsteps to-

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wards a visionary Jerusalem—the fulfilment of the joy and happiness he desires so ardently. He flees ever from haunts of pain.

Every historical event, without any exception, can be referred to a need—that is, in the last resort, to a feeling of pain. The purpose of these feelings of discomfort is the preservation of life, and they are incomprehensible without the assumption of a life force, a desire, inherent in every living thing, to maintain itself against destruction and annihilation. Only the assumption of a life force explains why the living creatures marks with pain every perception of a state that could harm or endanger it, and is thereby impelled to exert himself to escape it.

So we arrive at the knowledge that all the actions of men, whether individually or in groups, classes and nations, are defensive of pleasure—that is of life—and protective against pain—that is, dangers and harms to life—and that the whole course of history is the expression of one underlying fact—the will of man and of mankind to live and to make every exertion to maintain life in the midst of hostile nature.—Dr Max Nordau: "The Interpretation of History."

The Power of Silence

By going to certain places, looking upon certain scenes, I could most effectually destroy all the calm that life has brought me. If I hold apart and purposely refuse to look that way, it is because I believe that the world is better, not worse, for having one more inhabitant who lives as becomes a civilized being.

Let him whose soul prompts him to assail the iniquity of things, cry and spare not; let him who has the vocation go forth and combat. In me it would be to err from nature's guidance.

I know, if I know anything, that I am made for the life of tranquillity and meditation. I know that only thus can such virtue as I possess find scope. More that half a century of existence has taught me that most of the wrong and folly which darken earth is due to those who cannot possess their souls in quiet; most of the good which saves mankind from destruction comes of life that is led in thoughtful stillness. Every day the world grows noisier; I, for one, will have no part in that increasing clamour, and, were it only by my silence, I confer a boon on all.—George Gissing.

Low Death Rate and Rain

The New York Health Department's records show that the city never had a weekly death rate in the month of July as low as in the week ended July 26th. There were 1,021 deaths, a rate of 8.87 in 1000. The rainy weather is credited with the decrease.

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Thoughts on Elegant Dress

. . . Elegant dress serves its purpose of elegance not only that it is expensive, but also because it is the insignia of leisure. It not only shows that the wearer is able to consume a relatively large value, but it argues at the same time that he consumes without producing.

The dress of women goes even farther than that of men in demonstrating the wearer's abstinence from productive employment. It needs no argument to enforce the generalization that the more elegant styles of feminine bonnets go even farther towards making work impossible than does the man's high hat. The woman's shoe adds the so-called French heel to the evidence of enforced leisure afforded by its polish; because the high heel obviously makes any, even the simplest and most necessary, manual work extremely difficult. The like is true even in a higher degree of the skirt and the rest of the drapery which characterizes woman's dress. The substantial reason for our tenacious attachment to the skirt is just this: it is expensive and it hampers the wearer at every turn and incapacitates her for all useful exertion. The like is true of the feminine custom of wearing the hair excessively long.

But the woman's apparel not only goes beyond that of the modern man in the degree in which it argues exemption from labor; it also adds a peculiar and highly characteristic feature which differs in kind from anything habitually practised by the men.

This feature is the class of contrivances of which the corset is the typical example. The corset is substantially a mutilation, undergone for the punpose of lowering the subject's vitality and rendering her permanently and obviously unfit for work. It is true, the corset impairs the personal attractions of the wearer, but the loss suffered on that score is offset by the gain in reputability which comes of her visibly increased expensiveness and infirmity. It may broadly be set down that the womanliness of woman's apparel resolves itself, in point of substantial fact, into the more effective hindrance to useful exertion offered by the garments peculiar to women.—Thorstein Veblen: "The Theory of the Leisure Class."

Music

Music should be more generally taught (alike to boy and girl). It should be regarled as an essential part of a liberal education. If, after a time, it is found that the pupil shows no kind of musical aptitude, he or she need proceed no further. Meanwhile he or she has been educating his or her eye, ear and motor centers, and thus the time spent in musical studies will not have been lost.

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A smattering of music may help to while away many an idle interval in life, while by aiding the appreciation of the real thing, as distinguished from mere noisy, meaningless jingling, it may add not a little to the joy of life.—*Med. Press.*

Pregnancy and Puerperium

From observations made during the last epidemic, Dr. F. Calderon (J. A. M. A., 9, 27, '19) has reached the conclusion that influenza exerts a pernicious influence on pregnancy. How is the interruption of pregnancy produced by influenza? Is pregnancy interrupted by the cough and asphyxia that are usually associated with the disease, or does the toxin of the Pfeiffer bacillus act as an ecbolic? From the fact that coughing and asphyxia were not prominent symptoms in some of the cases the writer is induced to believe that the toxin acts directly on the uterus. Its selective action on this organ is further supported by the early appearance of menstruation when the women contracted the disease. The maternal mortality of influenza in the writer's series of thirty-six cases was excessively high. This was due exclusively to broncho-pneumonia and lobar-pneumonia; without these complications the disease did not cause a single maternal death.

Influenza also exerted a deleterious effect on the fetus. Among twenty-seven pregnant women there was one case of hyperpyrexia in a newly born baby, and seven deaths. The latter include cases of intrauterine death and those which were born within the period of viability and died several hours after birth.

Making the Best of Our Ills

There is the long disabling and disheartening illness. With occupation gone, our capacity for pleasure curtailed, with suffering of body and inadequacy of mind, we are tempted to slip into despair. We are tempted to surrender to every mood and whim and to cast the shadow of our discomfort over all whom we meet. "You have certainly too much to bear," the logic of our mind will say. But the soul brings another message as it warns, "You are making an enemy of your illness; why not seek its friendship? When have you ever had so many hours free to cultivate consideration of others? When so many opportunities to exercise cheerfulness and patience? When again will you have so much time at your disposal to devise kindly plans for family, friends, servants or neighbors?"—Dr. Robert S. Carrol: "The Soul in Suffering."

About Woman

Woman will be extreme in everything, as indifferent in her resolutions to reason as to weighing of her acts. Egotism and altruism will take possession of her by the same right, for her emotionalism, ever seething, will cast her with equal facility toward either of the two opposite poles of morality.—Fenelon.

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The wish to please will place feminine charms forever beyond the attacks of any scientific observer.—Sensual.

It is useless to reproach women for having a special inclination to falsehood and dissimulation. After all the question is simply that of the weapons to which the weak resort in the struggle for existence.—J. Finot.

On Suicide

Robert Gaupp, in a monograph on Suicide (München, 1910) suggests that it is still a mooted question whether a suicidal act is the result of a diseased mind. Suicide is on the increase in civilized countries. The Germanic race especially shows a great tendency towards self-destruction. Suicide is more frequent in men than in women—in Europe the usual ratio being four to one. However, in Japan, the number of female suicides predominates over that of men. As a general rule, the frequency of suicide increases with age. In children under fifteen it is rare; after fifteen suicide in the female is of relatively frequent occurrence. In childless marriage suicide is not rare; it is frequent in the widowed and separated.

Suicides occur more often in spring and summer than in fall and winter. Religion exerts a great influence: suicide is more common among Protestants than Catholics; Jews show a relatively smaller figure than Christians.

Suicide is more frequent in large cities than in villages; it is greater in rich districts than in poor; more frequent among the educated than the illiterate.

Such Is Civilization

The fact that one-half of the animal world lives by devouring the other half still stands in its sullen hideousness before the defenders of a moral order. In the human race the case is not so much better. . . . Fear and terror are instruments for the preservation of the race. All wars are holy wars waged to save a chosen race or people from outcast races and peoples. . . . The powers that be are ordained of God and economic inequalities are declared to be natural and hence necessary to be endured in the interest of social order.

Toil and poverty are the consequences of population and population must be kept up or the race is endangerel. . . Moral and religious teachers preach resignation to all woes of life, the reason, expressed or implied, always being that otherwise existence is jeopardized, and if existence is lost all is lost.– From Lester F. Ward: "Applied Sociology."

The Universal Intoxication Impulse

Man has been defined as the only animal who makes love at all seasons and who drinks when he is not thirsty. The remark

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of some wily Puritan who would glorify the inferior animal in his desire to degrade the human.

For all through the animal creation we can discover the same old intoxication impulse, subject only to the control or cultivation of the creature's will.

Naturalists relate that insects are frequently intoxicated by indulgence in over-ripe fruit juices; elephants and dogs and even that paragon of domesticity, barn-yard hen, have been found to possess a natural alcoholic taste capable of an abnormal development. And the gentle cow—the Madonna of Mammals! —succumbs to temptation in the windfall season, when the ground is spread for her feast of the fatal apple. The bovine spree is called "an apple drunk" by farmers, and the Agricultural Colleges give instructions on how to treat and cure the fallen creature at this time in order to keep her milk pure rather than her morals. —Marian Cox: "The Dry Rot of Society."

A "Magic" Cure for Sleeplessness

Dr. T. S. Dowse ("On the Brain in the Evolution of Mind, Soul and Spirit") has recorded the case of a gentleman of great intelligence who came under the writer's care with many nerve troubles the chief of which was insomnia.

The writer proposed to give him an injection of morphine to which he objected saying that he had tried all kinds of hypnotics, but they always had a bad effect. Then the writer suggested to him to have an injection which he was sure he had never tried before, and in which he had very great confidence. The patient finally submitted. The injection consisted of twenty drops of distilled water. The effect was magical as it was mysterious for in a quarter of an hour he was in a sound sleep, and when his valet came to call him the following morning he was sleeping soundly.

Tobacco Smoking in School

In the seventeenth century the belief in the prophylactic power of tobacco was very generally held. When plague was abroad even children were compelled to smoke. At the time of the dreadful visitation of 1665 all the boys at Eton were obliged to smoke in school every morning. One of these juvenile smokers, a certain Tom Rogers, years afterwards declared that he never was whipped so much in his life as he was one morning for not smoking.

It is stated that at this time smoking was generally practised in schools, and that at a stated hour each morning lessons were laid aside, and masters and scholars alike produced their pipes and proceeded to smoke tobacco.—According to G. L. Apperson: "The Social History of Smoking."

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Sportsmanship versus Pugnacity

. . . One of the best signs for the future of America is the prevalence of healthy athleticism, and an attempt to widen these sport activities to greater intersectional and international scope than they have yet attained will get at some of the roots of international pugnacity.

A wise government would be almost as interested in the people's games as in their schools, and would spend millions in making rivalry absorb the dangerous rivalry of pugnacity. Olympic games should not be Olympic games, occurring only with Olympiads; not a month should pass but great athletes, selected by eliminative tests from every part of every country, should meet, now here, now there, to match brawn and wits in the friendly enmity of games. Let men know one another thru games, and they will not for slight reasons pass from sportsmanship to that competitive destruction and deceit which our political Barnums call "the defence of our national honor."—Will Durant: "Philosophy and The Social Problem."

Criminals the Geniuses of the Slums

Lester F. Ward, in his "Applied Sociology," makes the startling statement that the criminals are the geniuses of the slums. They have, and must have, he says, in order to ply their vocation successfully, a large amount of true talent, and the only difference between them and other talented persons is in the field in which they exercise their talent. In a certain very proper sense society has forced them into this field, and they are making the best use they can of their native abilities.

The slums can never be broken up by periodical raids and the occasional punishment of a few of their inhabitants. This has been tried from time immemorial without the least success. Is it to be supposed that the persons who were seized and fined and subjected to other annoyances and discomforts are going to be thus reformed and made good citizens? They go back with more bitter hatred of society and injure it and endanger it more than before, and they fully justify their attacks upon it, realizing that it is responsible for their condition.

The Famous Recipe of Countess Nani

Like the tree in the garden, the lady of the Renaissance had often to undergo a certain amount of modification before she was felt to be in harmony with the rest of the composition. Two direct inheritances from imperial Rome were the art of the Toparius, who could make a shrub into a peacock, and the transformation of the darkest hair to golden red. The famous recipe of the Countess Nani, to produce the shade called filo d'oro, required two pounds of alum, six ounces of black sulphur and four

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ounces of honey, the whole to be diluted with water. Titian's cousin, Cesare Vecellio, tells us how the preparation was applied. The lady, having thoroughly anointed her hair, established herself on some retired terrace open to the sun, and set upon her head the brim of a great hat with no crown. Through the central opening she drew her hair and spread it on the expansive brim, thus exposing her locks to the sunlight and at the same time preserving her complexion. For hours she sat and sunned herself until the lotion was dry and the color fixed, patiently preparing herself to become a congenial subject for Titian's pallette.—According to Emily James Putnam: "The Lady."

How the Historian Michelet Cured his Headaches

Unmethodical, scattered work is very wearisome, and what is often imputed to the work itself comes from work which is merely badly directed. The thing that wearies one is the multiplicity of occupations which bring with them none of the joy of an accomplished task. When the mind is drawn in several different directions, it always has a sense of dull uneasiness during its work. It is the undertakings which are left in a rough, unfinished state that give rise to such wearisome mental worry. Michelet told M. de Goncourt (Journal de Goncourt, 1864) that at about thirty years of age he suffered terribly from headaches, caused by the number of things that he had to do, and that he resolved to read no more books, but to make them instead. "From that day, when I arose in the morning," he said, "I knew exactly what I was going to do, and as my mind was never fixed on more than one object at a time, I was cured."—From Jules Payot: "The Education of the Will."

Anger

Anger is man's most flagrant fault. Anger is practically foolishness. Anger is not argument, neither is it an evidence of power.

Anger is usually the answer to some small displeasure and more often ends in repentance.

Getting nettled and then flying off the handle is a passion that never pays.

Anger poisons the body, queers the nerves, weakens the intellect and withers the soul.

Let a man be wrong and fail to admit it and the very first thing he will do is to get angry.

Anger is outside evidence of inside weakness.

Anger seldom, if ever, accomplishes its purpose, but always recoils, hits and hurts the man that loses his head.—"Silent Partner."

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The Intelligence and Morality of Primitive Man

The intelligence of primitive man is restricted to a narrow sphere of activity. Within this sphere, however, his intelligence is not noticeably inferior to that of civilized man. This, of course, does not deny that there may have been a time when man occupied a lower intellectual plane and approximated more nearly to the animal state which preceded that of human beings. This earliest and lowest level of human development, however, is not accessible to us.

The morality of primitive man is dependent upon the environment in which he lives. Where he lives his life of freedom, one might almost call his state ideal, there being few motives to immoral conduct in our sense of the word. On the other hand, whenever primitive man is hunted down and hard pressed, he possesses no moral principles whatsoever. These traits are worth noting, if only because they show the tremendous influence which external life exerts, even under the simplest conditions, upon the development of the moral nature.—According to W. Wundt: "Elements of Folk Psychology."

No Boon in Suffering

Crosses and afflictions make me do nothing but curse them. They are for people that cannot be awakened but by the whip, the course of my reason is the nimbler in prosperity. It is much more distracted and busied in the digesting of mischiefs than of delights; I see much clearer in fair weather. Health forwarneth me as with more pleasure, so to better purpose than sickness. . . I should be ashamed and vexed that the misery and mishap of my old age could exceed the health, attention anl vigor of my youth; and that I should be esteemed, not for what I have been, but for what I am left to be.

The happy life, in my opinion, not, as said Antisthenes, the happy death, is that makes man's happiness in this world.—*Montaigne.*

Tolstoy's Pictures of Consumptoin

An editorial in the Brit. M. J. (Sept. 27, 1919) directs attention to Tolstoy's portrayals of consumption which make us regret that clinical descriptions drawn with such clearness of vision and such artistry of expression are so rare in literature.

In youth he had seen the disease in his own family. and it seemed at one time as if he were doomed to share the fate of his two brothers. In 1860 he was pronounced to be tuberculous, and a portrait taken at that time shows a typical consumptive. Altho the progress of the disease was checked it pursued him as a threatening spectre thru the rest of his life. He had stood by the deathbed of his brothers Dimitri and Nicholas, and observed

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their agony with the sympathetic attention of one who believed that he would before long pass thru the dark valley in his turn. He pictures the hair bedewed with sweat, the beautiful and serious eyes full of anxiety, and the skeleton-like hands, prominent shoulder-blades, ribs and vertebrae.

It is in Anna Karenina and Three Deaths, that the most vivid pictures of consumption are given. The realistic description of the death of Levin's brother in Anna Karenina was written under the impression left on Tolstoy by the death of his own brother Nicholas.

THE TWO WINGS OF HUMANITY.—The world of humanity has two wings, man and woman. If one wing is weak then the bird cannot fly.—*Abdul Baha.*

FRUITFUL THORNS.—Family life may be full of thorns and cares, but they are fruitful; all others are dry thorns.—*Sainte-Beuve.*

THE SCHOOL OF MARRIAGE.—How admirable is the arrangement thru which human beings are led by their strongest affections to subject themselves to a discipline they would else elude.—*Herbert Spencer.*

WHAT MARRIED LIFE SHOULD BE.—Married life should be a sweet harmonious song, and, like one of Mendelssohn's, "without words."

UNHAPPY MARRIAGES.—The reason why so few marriages are happy in because young women spend their time in making nets, not in making cages.—*Dean Swift.*

SOME COMPARISON.—A woman is but a woman but a good cigar is a smoke.—*Kipling.*

An Epitaph

While I lived I sought no wings,
Schemed no heaven, planned no hell,
But content with little things
Made on earth and it was well.

—*Richard Middleton.*

THE RABBLE AND THE TRUTH.—If people of inferior intelligence hear the Tao they laugh immensely. It would not be the Tao unless they laughed at it.—*Laotse.*

BOOKS AND MEN.—It is with books as with men; those that dissent from the current world views are the ones that contain truth.—*Lester F. Ward.*

AN INTELLECTUAL LADY.—"I nivver cared much for books," said the openminded scrub-lady. "But, then, I can't read, and that may have somethin' to do with it."

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CRITIC AND GUIDE

INCORPORATING

The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

1 Year, $2.00 Single Copy, 25c.

The Editor of this Journal writes his own editorials. He says what he wants to say in the way he wants to say it without reference as to what Mrs. Grundy will say or think.

The Editor is responsible for his own opinions only. He always tells the Truth or what he considers to be the Truth, but as he lays no claims to infallibility, he will be grateful to his readers if they will take the trouble to point out his errors.

It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, MARCH, 1920 No. 3

Once more and for the last time we request our readers to kindly remit their subscription for the year 1920. It is a very great saving to us not to have to send bills. Please do it now. Two dollars a year; five dollars for three years; fifteen dollars for life. Those who remit fifteen dollars may also choose five dollars worth of books from our list entirely free.

EDITORIALS AND EDITORIALETTES

TO PREVENT SEA SICKNESS

With the lifting of the blockade and the nations of the world beginning to regain a little of their sanity, (such as it is) traffic across the two ponds, the Atlantic and the Pacific, will, we expect become very active.

A sea voyage would be an unalloyed delight, but for the *bête noire* of so many people—seasickness. Anybody who should invent a really infallible cure for this non-dangerous but extremely disagreeable sickness would make millions. But in the mean time we must follow every rational suggestion made for its treatment.

Dr. Pierre Cazamian of the French Navy has had a large experience in the treatment of seasickness based on a close study, for more than two years, first in a hospital ship, then in a battleship. He believes that in atropine we have the best remedy so far used. To cure the symptoms he advises a hyperdermic injection of atropine, from 1/50 to 1/30 of a grain, and in his experience it has rarely been necessary to give a second injection. In some caess he found it desirable to administer 1/100 of a grain after 12 to 24 hours. In a late stage of seasickness where there is prostration and a low blood pressure, he found a combination of atropine with adrenalin very beneficial.

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BOSTON MEDICAL

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As a preventive he gives a hyperdermic injection of 1/60 of a grain of atropine on embarking. This injection may, in some cases, be repeated for three days if the weather is very bad.

A REMARKABLE CASE OF VIRILITY

Privy Counsellor Dr. Horch reports the following unique case (Zeitschrift fur Sexualwissenschaft, December, 1919) from his legal practice:

A man 80 years old is suing his wife who is 44 years old for divorce on account of her obstinate refusal to fulfill her marital duties. The wife, on the other hand, complains that her husband who is perfectly potent and strongly libidinous, demands sexual intercourse from her **every single day.** The wife refuses to accede to his demands, first, because he is rough and nasty, but chiefly because she is afraid of becoming pregnant, as he is perfectly virile and refuses to employ any prevenceptive measures.

This case is another proof of the extreme age to which a man's potency, both potentia coeundi and potentia generandi, can last. The wife asserts that the husband is free from any perversion and demands sexual relations only in the normal manner.

PREVENTION OF VENEREAL DISEASE

All civilized countries, with two exceptions, have definitely decided that individual prophylaxis of venereal disease is right and proper. The two exceptions are England and the United States. In these two countries we still have two diametrically opposed viewpoints on the subject. We still have a class of physicians and laymen who consider the advocacy of venereal prophylaxis as the devil's work.

In the British Medical Journal for January 3rd, there appear three letters on the subject. Two are **pro** and one, which by the way is anonymous, is **con.**

Dr. W. Herbert Butcher says plainly that as medical men we have no concern whatever with the moral aspect of the matter. That should be left to others. In his opinion the medical profession has to deal with certain facts which are:

"1. That gonorrhea and syphilis are caused by two micro-organisms.

2. That certain chemical agents destroy these organisms.

3. That both diseases cause a great deal of illness and suffering.

Therefore, according to the traditions and practice of medicine, use should be made of the first two facts to diminish the third.

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Some individuals—possibly the great majority, possibly a very small minority—among those exposed to venereal infection may apply the prophylaxis improperly, either owing to carelessness or owing to other circumstances, and so lose its full benefit. We shall, however, have done our duty if we impart to the public the truth that science has imparted to us."

Dr. Arthur Cooper expresses his opinion on the subject in the following words:

"All medical men, should be ready and willing to advise on prevention, without troubling themselves about whether action should be taken before or after the risk has been run, or whether it may be right to act in an hour's time but not now, and such-like absurd futilities. They should simply **prevent,** however, whenver and wherever they can and dam the consequences.

N. B. Dam does **not** mean damn."

The third gentleman who signs himself "M. A., M. D." does not touch upon the efficacy or non-efficacy of venereal prophylaxis but delivers himself of the following theological pronunciamento. It is so good and so characteristic of all opponents of venereal prophylaxis that it is worth while to be reproduced literatim. Here it is:

"We are being invited to become the devil's panders by making immorality safe and—insult added to injury—the devil's proctors by proclaiming it inevitable. The way to the pit used in old days to be paved with good resolutions; it is now to be macadamized with prophylactic packets.

Let a **thinking** profession recognize that no upward step would ever have been taken by the human race if it had been generally assumed and proclaimed that the downward path was inevitable, and let an **honourable** profession refuse with deep disdain the ignominious role of 'procuress to the lords of hell.'"

What shall we do with such people? Nothing. Simply wait till they die out.

ENORMOUS DOSES OF TINCTURE OF DIGITALIS

Our pharmacopeia gives the dose of tincture of digitalis as ½ c.c. (I detest the word mil) or 8 minims. And if a student at a pharmaceutical or medical examination was rash enough to give the dose as 1 or 2 c.c. or 15 to 30 minims, he would run the risk of being marked "wrong" and losing a certain number of credits.

I frequently criticized the doses as given by the Pharmacopeia, tho I recognize that the pharmacopeia cannot give extreme doses but must limit itself to safe average doses. But our medical and pharmaceutical examiners would be horrified or flabbergasted if they knew what enormous doses of

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some drugs we administer to our patients now and then, and without any bad effects; on the contrary, with life saving effects. What examiner, particularly a College of Pharmacy or Board of Pharmacy examiner, knows that in certain cases of heart disease we administer as much as ½ oz. or even 6 drams of tincture of digitalis at a dose and with very remarkable effect on the patient? Those who do not know it would do well to read the paper by Dr. G. Canby Robinson of the Department of Internal Medicine, Washington University, St. Louis. Twenty-six cases of auricular fibrillation or flutter were studied, to which single doses of tincture of digitalis ranging from **15 to 25 c.c.** (4 to 6½ fl. drams), were administered by mouth. The effect began to be noticed in about two to five hours, the maximum effect was usually in about twenty-four hours and generally continued to be in effect from four to fifteen days, or on an average of **nearly ten days.**

And strange to say, not one of the patients died from these enormous doses of standardized tincture or digitalis. As Tincture of Digitalis is a 10 per cent. tincture, it means that the patients got at one dose from 1.5 to 2.5 grams or 24 to 40 grains of digitalis!

PEPSIN AND HYDROCHLORIC ACID

There was a time when pepsin was considered a panacea for all digestive disorders. Then, by the usual swing of the pendulum, pepsin and all other digestive enzymes fell into disfavor. It was considered archaic, antiquated, "backwoods medicine" to prescribe pepsin, pancreatin, etc. People who are not readily swayed by the pronouncements of authorities paid little attention to these pronouncements and in spite of the fact that hydrochloric acid was given the full credit for any good that could be accomplished in gastric disorders, they kept on prescribing pepsin. We are glad to see that pepsin is now coming back again into its own.

In an elaborate paper in the American Journal of the Medical Sciences (January 1920) by Prof. Bastedo, entitled, "Points in the Pharmacology of Certain Drugs used for Stomach Effects," the author says "if we could only give enough hydrochloric acid by mouth we can hope to change our albumin to acid albumin and thus prepare it for pepsin digestion. **But acid alone is practically useless for the purpose of digestion,** and to judge of its merits as a remedy, it must have all the factors for its action. In other words, **we must administer pepsin with in.**" And in the conclusions the author repeats: "For digestive purposes hydrochloric acid should always be accompanied by pepsin."

I am glad to know it. I never discarded pepsin from my therapeutic armamentarium, all the statements of authorities to the contrary notwithstanding.

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CELEBRATED ILLEGITIMATES

To the long list of eminent illegitimates which we published a year or so ago we add the following four:

Beaufort, Henry (?—1447) English prelate and statesman, natural son of John of Gaunt by Catherine Swynford, cardinal and chancellor. He was president of the court that sentenced Joan of Arc to the stake.

* * *

Dunois, Jean, Comte de Dunois (1402-1468) surnamed "The Bastard of Orleans," natural son of Louis, Duke of Orleans, and Mariette d' Enghien, celebrated for his military prowess and gallantries, conquered Normandy and Guienne, and aided Joan of Arc to win her victories over the English.

* * *

Fitzjames, James, Duke of Berwick (1670-1734) natural son of James II. and Arabella Churchill, sister of Duke of Marlborough, a brilliant 18th century military commander who became a marshal of France.

* * *

Monmouth, Duke of, (1649-1685) reputed illegitimate son of Charles II. of England and Lucy Walters, headed an unsuccessful insurrection against James II., and executed in London.

MEDICAL BOOBS AND GERMAN MEDICAL LITERATURE

In the June issue of THE CRITIC AND GUIDE I had a little editorial with the humorous title, "Treason on the Part of the J. A. M. A." Here are the first two paragraphs of it:

"Take the Journal of the American Medical Association for May 10th and open it on page 1399. Do you know what you will find there? You will find there several abstracts from the Deutsche medizinische Wochenschrift, a **German** medical weekly published in the **German** language and printed in the capital of **Germany**!

"Is the J. A. M. A. actually going to abstract in the future the various German medical journals? I am sure that many of its readers will protest against this act of treason."

The centainty that I expressed was of course of an academic or what we call rhetorical character. I knew that there were people sufficiently asinine to protest against anything printed in German even if it were of the most valuable character, but I did not think that the asses were sufficiently bold to proclaim their asininity in press. But in this I was mistaken. No sooner was our June issue sent out than protests did begin to appear in the Journal of the American Medical Association. In the Journal for June 7th there is a most indignant article by one Ross G. Loop, M. D. of Elmira, New York.

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That liberal and cultured gentleman begins his letter as follows:

"I note with surprise, not to say indignation, that in recent issues of the Journal abstracts from the Deutsche medizinische Wochenschrift, Berlin, have appeared."

Yes, just so! And he concludes his letter as follows:

"Drop their science from our literature. Alas, that it was ever taken up again! If we cannot live without it, let us die patriotically."

And woud you believe it, a large number of letters reached the Journal of the American Medical Association fully approving of Dr. Loop's indignant protest. In the J. A. M. A. for June 28th four such letters are printed. The Journal, in a comment to these letters, tries to excuse itself for its "treasonable" act with the fact that the Medical Research Committee of Great Britain has been printing extracts of German and Austrian medical literature for over a year. But nevertheless the editor got cold feet and the abstracts from German medical publications at once became conspicuous by their absence and none appeared for the balance of the year.

I wrote to the Journal asking them whether they really were not going to extract German medical publications any more, and what I got in reply was the following:

"Dear Dr. Robinson:—Replying to your letter of the 8th instant, German and Austrian publications have not been received for some weeks."

I may be mistaken, but I fear that this was just an empty excuse. The Journal simply did not want to offend its asinine readers, of which it has a large proportion; and preferred to omit the German medical journals, replacing them with abstracts from measly insignificant publications from other countries. It is a shame and disgrace that our foremost medical journal should have had to yield to pressure from ignorant and narrow-minded hoodlums. But "Them's the facts."

I am glad to see, however, that beginning with the first issue of the New Year, the Journal has resumed abstracting from the **Berliner klinische Wochenschrift, Deutsche medizinische Wochenschrift, Zeitschrift für Geburtshulfe und Gynäkologie, etc.** Now I wonder whether there will be further protests and if there be such protests if the J. A. M. A. will be influenced by them.

In conclusion I should like to ask those undoubtedly well-meaning but ignorant boobs who object to abstracting from German medical publications, if they have really given up the use in medicine of **everything** of German origin? Have they given up the use of the Wassermann reaction? Have they given up looking for the gonococcus of Neisser? Have they given up the use of diphtheria antitoxin (which is of French-German origin)? Have they given up the use of salvarsan and of neosalvarsan? Do they really never, never, use in

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their practice, novocain, protargol, atophan, veronal, aspirin, phenacetin, etc., etc.? It would just be interesting to know.

To one who believes in the eventual universal brotherhood of all nations, how pitiably picayune, how miserably small and perniciously anti-social our narrow chauvinists appear! Science is and should remain international.

DO GERMS CAUSE DISEASE?

Incredible as it may seem, there are still some good people in this world who deny that germs play any role in the causation of disease. And strange to say, those people are what is ordinarily called sane, intelligent and even educated. And what is stranger still, some of these deniers of the obvious have the legal right of attaching the letters M. D. to their names. One such a doctor recently came out in Physical Culture with an article denying that germs ever caused disease (there was a time when even the existence of germs was denied by the ignorant and amateur quasi-scientists). He is very emphatic about it. The Editor of Physical Culture, a much more enlightened and liberal publication now than it was in former years, very rightly has invited contributions on the subject, pro and con. My contribution to the symposium appeared in the November issue of that journal, and thinking it might be of interest to my readers, I am reproducing it, with the kind permission of Physical Culture, in this issue. I wish it wasn't so, but it is: the pesky things do cause disease and are responsible for millions and millions of deaths. Why they were created, you must ask the all-merciful God or all-merciful Nature to tell you.

THE UNKNOWN AND MYSTERIOUS PROSTATE

Those who have had considerable experience in dealing with pathologic prostates have long felt and known that the prostate gland is a much more important organ, plays a much more important role than it has been given credit for. Those who have had opportunity to note what a profound change a diseased prostate could make, not only in a man's physical condition, but in his mental and emotional domain, have been convinced that the prostate contains an important secretion of paramount importance to the human organism. That the prostatic external secretion was absolutely necessary to the vitality of the spermatozoa and that no fertilization could take place without a normal prostatic secretion, has been known for some time. That the removal of the prostate would cause atrophy of the testes, has also been known for several decades. But that the prostate is an endocrine gland and has an important internal secretion of its own, has not been known or has been disputed. But for a long time I have felt that

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this must be the case and have said so a number of times.

An experiment recently performed by that excellent research worker, Dr. David I. Macht of the Pharmacological Laboratory of Johns Hopkins University, seems to leave no doubt on the subject. It seems to settle definitely that the prostate contains an internal secretion.

In a paper read before the American Urological Society at Atlantic City, June 1919, and published in the Journal of Urology for October 1919, he describe the experiments performed on tadpoles by feeding them with prostate. Frogs' larvae were placed in convenient receptacles and some of them were fed with dessicated prostate of the ram, bull, and other animals, while others were kept as controls or given other glandular extracts or tissues. In every experiment tadpoles of exactly the same age and size were selected. These were kept in the same kind of vessel, in equal parts of water, and in exactly the same conditions of light and temperature. The effect of feeding prostate gland to the larvae was very striking and interesting. It was found that the metabolism of the tadpoles was stimulated by the prostate feeding and that their metamorphosis was hastened. In other words, the tadpoles developed legs earlier than normally and were soon tronsformed into frogs.

Thyroid also hastens the metamorphosis of frogs' larvae, but while thyroid produces a marked atrophy of the organisms, the prostate does not produce any shrinkage or dwarfing of the size of tadpoles, but on the contrary usually stimulates their growth.

Control experiments made with all kinds of dessicated glands, ovary, corpus luteum, liver, testes, etc., failed to produce the remarkable stimulating effect on metabolism shown by the prostate. Experiments produced on the larvae of salamander were also just as striking.

The author asserts that he has collected a sufficient number of experiments to be able to state definitely that the peculiar effect of the prostate gland is not accidental but is a distinct and definite physiological phenomenon. Such a phenomenon speaks strongly in favor of an internal secretion of the prostate gland.

A REMARKABLE EXPERIMENT ON THE PREVENTION OF SYPHILIS

On March 21, 1918 (Ann. de Mal Vénér., Jan. 1920) in the presence of twenty physicians, Dr. Magian inoculated his left forearm with serum derived from a syphilitic chancre which contained microscopically a large number of spirochetae pallidae. In less than an hour he took an intravenous injection into the right arm of 60 centigrams of arsenozenzol (salvarsan, arsphenamine). He took no further treatment.

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This inoculation was followed by no lesion, either local or anywhere else. The Wassermann reaction performed every month during eleven consecutive months remained constantly negative. As far as the carrier of the chancre is concerned who furnished the virus, he had various eruptions, sore throat, and his Wassermann reaction, taken twice with a month's interval, was positive.

This experiment tends to prove, in the opinion of its author, that a very early, almost immediate injection of salvarsan is capable of rendering innocuous an inoculation of virulent syphilis. There is nothing surprising in this, when one takes into consideration the powerful and rapidly destructive action of salvarsan on the spirochetae. But this is only a single experiment. Nothing proved that the author was not refactory to syphills. This is possible, tho such cases are very rare. Then a single inoculation may fail which is a fact well known to vaccinators.

This experiment does not justify the general use of arsenobenzol injections after suspicious intercourse. Such a general practice would not be devoid of serious dangers; but such an injection could be used in cases where a physician or nurse became infected in the exercise of their professional work, provided the injection could be given without delay.

ABORTIONISTS AND ABORTIONISTS

Dr. X. is a well known abortionist. We of the medical profession know that about 95 per cent. of his income is derived from abortions. The Chairman of the Committee on Admission of the—— Society asked me if I would be in favor of admitting Dr. X. into the society. I said no. "Because he is an abortionist?"—"No. Because he is a moral skunk." "But you were in favor of admitting Dr. Z. who, it is also known, performs abortions now and then." "Yes, but there is all the difference in the world between Dr. X. and Dr. Z." "How do you draw the line of demarkation?" You might have great difficulty in drawing the line of demarkation; to me it is a very simple matter. All the talk about it being impossible to draw a line of demarkation between certain movements or certain ideas or certain people is nonsense.

It is true there are certain minutes in twilight when it is difficult to differentiate between day and night and yet there is no difficulty in differentiating between midday and midnight. There are certain organisms so much on the border line between the animal and vegetable kingdom that it is not only difficult but impossible to classify them properly as either animal or vegetable, but there is no difficulty in differentiating between a calf and a carrot; between an elephant and an elm tree. And so I find no difficulty in drawing a line of demarkation between Dr. X. and Dr. Z.

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Dr. X. is an abortionist merely for the money there is in the abortion business and for that reason only. That he relieves from great agony and from possible suicide many unmarried females is purely incidental. If he could make money by causing anguish and anxiety he would not hesitate to do so. That he is not in the business for any altruistic reasons is clearly demonstrated by the fact that he would never perform an abortion on a poor woman who could not pay him his fee. Even if he were certain that his refusal would be the cause of a terrible tragedy, he would be unmoved. He must have his money.

The case of Dr. Z. is entirely different. His abortion practice is only a small part of his general practice and he does it primarily from altruistic motives. His fees are moderate, the same as for any other work of the same character and he has never hesitated to relieve a poor girl or a woman from her burden even when they did not have a cent to pay. And that makes all the difference in the world between Dr. X. and Dr. Z. If you cannot see the difference I am sorry. While I can make some of the blind see I cannot open the eyes of all the blind.

ILLEGITIMATE CONFINEMENT AND DISCHARGE FROM POSITION

A tiny bit of straw will show the way the wind blows and a court decision frequently demonstrates a change in public opinion. The following case in one of the Hanover courts is a case in point.

A young lady had been employed for a number of years in a silk house. She was away from business for three weeks allegedly on account of sickness. On her return the firm, as well as some of the employees, learned that Miss T. who was unmarried had given birth to a child. She was discharged, the excuse geing that the interest of the business demanded it. Had she been reemployed the fourteen other lady employees would probably have quit work and nobody could expect of a lady to work with the discharged Miss T.

The court, however, paid no attention to the excuse of the firm and gave judgment for the plaintiff, which was that the firm was to pay her the salary until the expiration of the contract. The court was not convinced that the further employment of the plaintiff would have caused any injury to the business, and thought it far from probable that all the other employees would have found out of the confinement or would have been so offended by it that they would have left the employment.

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ORIGINAL ARTICLES

ADRENALIN AND PITUITRIN IN THE TREATMENT OF ASTHMA

O. F. Ernst, M. D. New Orleans, La.

Without attempting to discuss the possible causative factors, we may admit that the average case of bronchial asthma presents a spasmodic contraction of the bronchial muscle fibers, swelling of the bronchial mucous membrane, and characteristic bronchial exudate. The result is necessarily a hyperemic swelling and dilatation of the bronchial arterioles.

There is abundant evidence that many of these cases will respond temporarily to the administration of repeated doses of Adrenalin Chloride. It is also a well known fact that the benefit to these cases from Adrenalin treatment is, at best, only temporary relief. It may be assumed that the remedial agent exerts a temporary local effect upon the arterioles. Some corrective benefits may be anticipated from the effect Adrenalin might have upon some of the endocrine glands. which are believed to be an important factor in consideration of this disease syndrome.

Recent investigations indicate that Pituitrin combined with Adrenalin is a more consistent treatment for asthmatic conditions; the truth of this is based upon two theoretical conclusions. **First,** The therapeutic action as indicated by the blood rising effect of Pituitrin is not only slower than Adrenalin but much more lasting. It might be concluded that a combination of the two products would give the patient not only the benefit of the prompt relief residing in the effect of the Adrenalin, but materially enhanced and prolonged by the addition of Pituitrin. **Second,** There is a possibility that Pitruitin has a direct action upon the etiological factors in these cases. McCord (1) has shown that the posterior pituitary secretion constricts dilated blood-vessels wherever present. Bate (2) contends "that the posterior pituitary secretion diminishes the size of the heart and slows its rate of action." Just what the selective individual or combined effect of Adrenalin and Pituitrin might have on different etiological factors in asthmatic cases, I am not prepared to discuss at this time. I am prepared, however, to offer some very definite conclusions as to the combined effect of these two products as a remedial agent.

During the past year I have treated more than twenty cases of asthma with equal parts of Adrenalin and Pituitrin with very gratifying results. The thing that I would like to emphasize especially in connection with the treatment of these cases is the fact that a number of them did not respond to

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the administration of Adrenalin alone, but were relieved by the addition of Pituitrin. This interesting phase of the question is clearly presented in the following case histories.

CASE NO. 1—Mrs. R., age 50, white. Has been affected with asthma for years. When this patient came to me she gave a history of having received as high as three injections of Adrenalin Chloride during the night, to control paroxysms, until finally it was of no value in her case. Then she resorted to morphine before she could get relief. Came to me for treatment, at which time I administered 1 c.c. Adrenalin and Pituitrin. This was followed on the second and third day by the same amount; then 1 c.c. was given every other day for one week. Has not had an attack now for six months.

CASE NO. 2—Mr. J.; baker; age 28; white. Gave a history of having used Adrenalin Chloride to control paroxysms but the relief obtained was only temporary. Gave six ampoules the same as in the above case, with complete relief.

CASE NO. 3—Mr. W.; policeman; age 60; white. Asthma for years. Gave a history of having used, among other things, Adrenalin Chloride, with no relief. Gave eight ampoules with complete relief. Administered one ampoule a day for three days, then five ampoules, one every other day.

CASE NO. 4—Mr. W.; age 38; sugar planter; white. Asthma for several years. Had tried every product that had been recommended for asthma, with practically no relief, having taken as high as six ampoules Adrenalin Chloride in one night, and also large doses of morphine. Came to me about eight months ago and at this time I began treating him with the combination of Adrenalin and Pituitrin. After the third dose patient was considerably relieved. Some one suggested that he go to Asheville, where he would be cured, and patient left. Came back about two months later in as bad a condition as when he first came to me. Renewed the treatment with Adrenalin and Pituitrin, given one ampoule each day for three days; then one ampoule every other day for two weeks. Patient did not have an attack after the third dose, and gained 15 lbs. in weight in two weeks. Was a drug addict, but stopped when the treatment with Pituitrin and Adrenalin was begun.

Judging from the above case reports, together with other clinical data observed, I am firmly convinced that the combination of Adrenalin and Pituitrin in equal parts more nearly fulfills the requirements of a treatment for bronchial asthma than any remedial agent available at the present time.

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DOES PUBLIC OPINION IN THE UNITED STATES SANCTION ABORTION?

By A. B. C.

From observations extending over more than half a dozen years in this city and state, I believe it may be set down as true that public opinion here supports the covert practice of abortion. Prosecutions are practically unknown, as they are almost equally few in other states. If we reason by averages, it would not be too much to say that public opinion in the United States tolerates abortion done within bounds of discreet secrecy. The first duty of all of us is to pretend publicly that we are ignorant of this fact.

Although I do not wish to disclose my identity or the place where the facts set forth were gathered, I trust readers of The C. and G. will believe me when I assure them that what I report here is authentic and is based on many conversations with certain leading practitioners of abortion. I may, however, say this, that my investigation was carried on in a city of about 300,000 inhabitants, having, I believe, fewer foreign elements in it than any other city of its class in the United States. The population of the state and of the region of which this city is the economic and commercial capital is perhaps more typically American in racial stock than that of any other state in the Union. Its extremely low birth rate and the activity of the abortionists within its borders—of whom there are many more than the half dozen I have talked with, although these are undoubtedly the most skilful and successful—may help to explain the tendency of the older American stock to disappear. My personal qualifications for observation are those of a human specimen of no particular original brilliancy who has plodded, rather laboriously through twenty years of experience in newspaper reporting and writing, and who has always taken a student's interest in sex-problems. Circumstances too involved to bear recital here have made it possible for me to get this information first-hand. I merely put together in this article what a good many people in this state know fragmentarily.

1. One of the first pieces of evidence relied upon to establish my thesis is the fact that the number of abortions performed here now and in years past is considerable.

I have two highly successful practitioners in mind whom I shall call Dr. A. and Dr. B.—the first a man, the second a woman. Both operators are legally entitled to practice me-

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dicine in the state, but neither belongs to the medical society of their community. They laugh at the idea that they are missing anything by not being members. Other physicians often refer to them with winks or sneers. Both abortionists assure me that many of these same physicians with high pretensions to morality, though they assume this lofty attitude, have themselves tried to accomplish illegal operations but have so badly bungled things that they dare not repeat the trial.

Dr. A. is about 47 years old. He must be almost a millionaire. He has taken in much money in an active period of abortion work of about twenty years. During that time, according to his statement to me, he has had perhaps 18,000 cases. He asserts positively that he has never had a loss by death or even any serious complications. He ascribes this truly remarkable record to the perfection of his technique, for which years ago he established a reputation that has been more than state-wide and has been not unknown in isolated instances to physicians from coast to coast. His fee in those twenty years will average perhaps $50 per each case; thus his practice has easily netted him close to a million. Being abstemious in his habits, thrifty, even penurious, he has a fortune which makes of him a figure in the community to be respected. It is generally known what the nature of his practice is; in fact, he occupies, and has done so for years, one of the most centrally located and well known office buildings in the community, owned by a daily newspaper proprietor. Yet his standing in the city, commercially at least, is very satisfactory. Socially he is under no ostracism. He is not what might be called an exclusive social lion. But he cares nothing for that sort of thing, so his disqualification there does not tell against his having quite as many and as staunch friends as any other physician whose practice is strictly legitimate.

Dr. B. is perhaps 50 or 51 years old. She has an income from her abortion work amounting to $30,000 or $35,000 a year. As her average fee is also safely put at $50, her cases will run close to 600 or 700 a year. She does not claim that she never lost a case. Still she is positive that the mortality rate is very much lower among her patients than it would have been had every one of them gone to term. With that reflection she solaces herself and argues that she really has saved the lives of a certain number of women. In fact, in moments of jocularity she refers to her surgery as a "life-saving station." She never could be pinned down to making a definite statement as to the number of cases she has had nor the length of time she has been engaged in the work. She evades by saying "so many years I've forgotten" or "so many cases I've forgotten."

By these two operators alone between 1200 and 1400 abortions are performed yearly. Two other regular physicions I

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know personally have a practice in this kind of work that does not run so high. They will perhaps have 200 or 300 cases a year. In addition there are the occasional abortionists who help bring up the total. Two other names of men occur to me who are not members of the regular profession. I know both do a certain amount of abortion work by their own methods, which have been explained to me in detail, but which, I suppose, it would be unlawful and out of place to describe here. These men have no particular trouble with patients or with the authorities as far as I can learn. They belong to the school of "drugless therapeutics," according to their classification of themselves, and electricity seems to be mainly relied on for the results they get.

Unquestionably there are thousands of abortions performed here in the course of a year—four or five thousand at least. Let us assume the first figure is the number performed in this city, drawing to itself all the cases in the state and territory nearby whose inhabitants would be likely to resort to this place for relief. On that basis, for the country at large there would be about 550,000 abortions annually.* I wonder if this estimate sounds extravagant to physicians who are good at statistics and have studied the subject. I have never read figures giving an estimated total number of abortions in the United States every year. There is no way of checking the figure I suggest for the country at large unless others would give totals at least fairly accurate for other sections.

If my estimate as to number is thought too large, I can only say that I see no reason why the particular community I have in mind should be exceptional. We have here certainly not an undue share of persons in the medical profession or out of it with sufficient daring, skill and cupidity to engage in this work. Neither do I see why there should be a stronger demand here than elsewhere for relief from pregnancy. It is also fair to assume that prosecuting attorneys are moved by the same conditions in all parts of the land: after all a politician is simply a politician and tries to do the popular thing. So with uniform causes operative throughout the country, I see no reason for thinking effects will not be similar. At the same time I realize that this sort of a priori speculation cannot be held to establish anything definite in statistics. But it is the best that can be done until more complete and accurate data are at hand.

2. Further support of the truth of my proposition that abortion is tolerated is found in the fact that there is virtually no prosecution of abortionists.

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*I believe that my estimate of one million a year is nearer the truth.—W. J. R.

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Authorities have no lack of excuse to justify a strict vigilance and to carry on frequent investigations. Prosecuting attorneys and their deputies know well how to make life extremely disagreeable for those they wish to harry or suppress, even where the legal right to interfere is slender and there is precious little evidence to indicate guilt. The means the authorities have at hand to carry on a petty sort of persecution under cover of enforcing the law are many and there is often no scruple on the part of public officers to bring them into play. How easy then it would be under present circumstances to make a few arrests. Even if no convictions resulted, if word went out that certain physicians were being watched and that arrests would be made upon slight grounds —as slight, for instance, as suspicion of sympathy with Soviet Russia—the practice of abortion could easily be discouraged and in a short time reduced at least 90 per cent.

Yet nothing like this happens. Prosecutions are extremely rare and there is no discussion of the crime in the prosecutor's office.

In this state abortion is classified as manslaughter in the criminal code, unless it can be shown that the operation was made necessary to save the life of the mother. The penalty is from one to fifteen years in prison and a fine of $5000.

Lawyers have told me that defense for a regular physician can easily be set up to the effect that the mother's health required the operation. The ease with which an effective plea can be entered in justification under the statute is another reason why the prosecutor does not think it worth while to begin proceedings.

Perhaps the influence of Dr. C. in this city has something to do with this phase of the situation. He is an elderly practitioner, over sixty, who has aborted thousands of pregnancies and grown rich by the practice. He still is professionally busy but not to the same degree as formerly. He is wealthy and interests himself in practical politics. He knows almost all the ambitious politicians of both parties in this city and state and has a knack of finding out about intimate details of their private lives. His name is not unknown even in national politics. I have no doubt he has proved a convenient friend for certain practical politicians in critical times when their reputation might have been ruined. With wealth, plenty of leisure, and ample experience, he plays the political game adroitly. All the abortionists in town regard him as a sort of bulwark.

Yet it is certain that Dr. C's influence in political circles is after all not the deciding factor in obtaining immunity from prosecution. There are those elusive quantities called custom and public opinion. Unquestionably it is an open secret that Dr. A. and Dr. B. and Dr. C.—to mention no others—have a lucrative practice of this sort. Things could hardly be other-

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wise with all the cases they have had in this part of the country in the past fifteen or twenty years. I remember when I first saw Dr. C. He was driving by in an automobile and somebody referred to him incidentally as the "leading abortionist in town." This was not given me as secret or especially sensational information but as a well known fact that nearly everybody was acquainted with: as if one were to say offhand, "There's the Brooklyn birdge," or "There's Grant's tomb." The incident illustrates how frankly abortion is here accepted as a regular thing.

If the authorities do not act, frank facing of the truth compels us to admit that there is no public demand to be seen or heard that they should act. It is regarded as rather a good deal of a convenience to have such skilful operators in the community to resort to in emergencies. Puritanic societies like ours are capable of the most stupendous hypocrisies. Vice crusaders and uplifters do not interest themselves in "rooting out" abortion. They surely know of its widespread practice, for your Comstockian vice-hound is just the man who is constantly on the look-out for such things and inevitably finds out about them. Yet even this restless and energetic self-appointed guardian of public morals who plays so prominent a part in our American attempt to regulate private morality by public law, is not powerful enough to stir up the public prosecutor to an enforcement of the law.

True, there is an occasional conviction for what the press calls an "illegal operation." But what this amounts to is only a method by means of which the public salves its conscience and the prosecutor is enabled to wave a banner proclaiming his devotion to public duty. Such isolated cases are hardly sufficient to offset the hundreds of thousands of other cases annually performed without molestation. This is not the only instance in human society where the scapegoat is at times regarded as conveniently bearing away upon his abused back the sins of the whole community. That is a very old phenomenon of social psychology.

Even where a verdict of guilty is returned, rarely do the accused serve their sentences. There is an instance like that in this city. The trial took place about three years ago, with a verdict of guilty. But somehow the mandate ordering the defendant to be taken into custody and conveyed to the penitentiary has been held up and he is still at large. Meanwhile the authorities and the public do not interest themselves in finding out how this physician makes his living, and there seems to be no public clamor that he be imprisoned. His case has seemingly been quite forgotten.

In our country we are not overhasty in interfering with that which pays well. In this city beyond doubt abortion has been a paying practice. For instance, there is a man whom I shall call Dr. D. He is well past middle life, but still

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hale. He has retired from his profession. He is rich enough to have built a number of years ago a large hotel in the down town district and to have named it after himself. A man who will thus perpetuate his own name evidently is not conscience-stricken or in an apologetic or remorseful mood. All in all, regardless of what he has done, he thinks well of himself as a member of the community in which he lives and worthy of respect—not as isolated and cast out. And his attitude is justiled, for the community feels far from antagonistic to him, though practically everybody knows how he made his money. The first time he was pointed out to me by a casual acquaintance I heard the standing joke of the city, "Every brick in his hotel is a baby." Yet no social censure is visited on this man. He is looked upon as a successful business man, and sensible people are not so inept as to complain about how he became rich. To bring criminal proceedings against such a man would be looked upon by most people as uncalled for and without purpose. The prosecutor is aware of this feeling and keeps his hands off people like him. The occupation may be regarded as a little off color but not serious enough to be interfered with by the law. Besides, the defendant could afford to employ able counsel and the prosecutor would most likely not be able to make the charges stick.

3. Additional proof of my thesis may be seen in the custom of physicians in a good many cases recommending their patients to Dr. A. or Dr. B. or some other operator in whom they have confidence and who has demonstrated his ability. A woman goes to her regular physician with a complaint that she is pregnant. She asks if nothing can be done. Nine times out of ten he will not undertake an abortion, but in a certain number of instances he will suggest, if the woman insists upon having an abortion and the opposition of the husband is not likely to cause a scandal, that she go to some one skilled in the work, one who can bring about the wished-for-results with little risk. For this reason women from many out-of-town places come to this city and submit to the operation.

What percentage of physicians is willing to make such recommendations nobody knows. But even a small percentage would indicate that abortion is not regarded with unanimous disapproval by the profession. Every such recommendation helps to give a moral sanction to abortion. I venture the statement that the practice is coming to be more and more accepted among physicians as permissible where no great risks are involved. If that is the tendency it is highly probable that the population in general will gradually come to look upon the practice as nothing criminal or sinful. The laws punishing abortion are already a dead letter, made so by the attitude of a small section of public opinion both among medical men and the masses. If a small part of the public

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can bring about such results, the likelihood is that in future abortion will grow steadily in favor.

4. Improved technique of abortion is another factor contributing to its growing popularity. Consequently many physicians feel they can conscientiously recommend certain operators known to be skilled, while the public at large, soon learning of the small danger connected with the operation, has less hesitancy and fewer scruples in resorting to it. A practice that is not particularly dangerous or harmful in the long run will not be likely to receive strong condemnation by average humanity, who are naturally interested in their own convenience and immediate comfort and prosperity. Whatever philosophers, scientists or moralists may declare the ultimate effects of widespread abortion to be does not have much influence on the masses in a democratic society.

Dr. A. tells me he has in preparation a manuscript setting forth his experience as an expert. He has a distinctly mechanical and inventitive turn and intends giving the world the benefit of his knowledge covering twenty years of experience. He will describe the technique of abortion in detail. When this becomes more widely known he believes many lives now needlessly sacrificed may be saved.

Under the factor of increased safety, I might mention that the length of pregnancy does not seem to make a great deal of difference. Dr. B. will only rarely accept cases more than three months along, but Dr. A. is not afraid of a five or six months case. At least one other operator I know will not refuse five or six months pregnancies if the fee offered is correspondlingly large. Just what effect such an abortion has on the general health, sexual activity or child-bearing capacity of the women I do not know. But at least they do not die while in the midst of the operation and they have made an ordinary recovery easily enough in such cases as I have cursorily been acquainted with.

That abortions do not necessarily result in sterility is amply evidenced by the fact that women come repeatedly for the same operation. I know one woman who has had twelve abortions; another of my acquaintance has had eight. I believe women who have had two or three are not at all few in number.

Incidentally I may mention that none of these practitioners gives an anesthetic, unless the pain becomes too severe and the patient becomes unmanageable for the practical purposes of the operation. Half an hour generally suffices to "clean up" an ordinary case and have the patient off the table.

Examination is usually made beforehand to discover possible heart lesions or kidney derangement.

5. Another feature of the situation pointing to the improved moral status of abortion is the fact that it has ceased to be exclusively the refuge of social outcasts. No doubt it

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never was, but the idea was formerly more widely held than now that only prostitutes or other declassed women and "unfortunate girls" found it necessary to have such things done to themselves. Now married women in ever larger numbers undergo the operation.

This development is of the greatest significance. It indicates that abortion has already become among a considerable number of the population an adjunct not so much of irregular, secret, illicit or disreputable sex-unions but of the perfectly legitimate institution of monogamy. This association of abortion with lawful marriage tends to give the practice definite social sanction, tends to regularize it and lift it almost to the level of marriage itself. Abortion, like prevenception, becomes an auxiliary of lawful wedlock. As long as either abortion or birth control was regarded as a custom practiced only in brothels or by those outside the pale of decency and respectability it was frowned upon as evidence of an immoral and degenerate nature in those who availed themselves of it. Now that thousands of respectable married women, who beyond question are devoted mothers and faithful wives and are indeed quite ordinary in every way, with no suggestion of notoriety connected with their reputations, do not hesitate to have repeated abortions, the effect on public opinion must in time be positive and definite. The spread of the practice among legal wives shows that husbands approve. Thus family life itself comes partly to be built on abortion. When it is seen that the operation destroys neither the health of the wife and mother nor blasts domestic tranquility, the opinion gains ground that it is quite practicable and useful for good, commonplace, conventional people instead of the device of those rejected and despised by ordinary society.

I add a few details about the wives who visit abortionists. Some highly interesting figures could be given here did not those who do the work. in pursuing a reasonable caution, keep no records or accounts. Money must always be paid in advance and no case-books are kept. Much significant information is thereby lost which would be of value in physiology, psychology and sociology. As it is I can give only somewhat vague surmises and impressions as told me by the different practitioners of abortion.

About seventy-five per cent. of their patients are married women. Most of them have children. Of the size of the family of these women, one operator thought the figures ran something like this: the largest number of married women who come for this work have four or five children; the next most numerous class is childless, being apartment house and hotel dwellers who intend to have no offspring if they can by any means avoid it; next come the mothers with one or two children, who want to maintain a relatively high standard of living for the family; after that come the women with any-

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where between six and fourteen children.

6. As economic pressure increases and the mounting cost of necessities makes life more hazardous, ever more couples will feel themselves justified in limiting their families. Already prevenception is widely practiced on prudential grounds. Most persons who believe birth control by prevention of conception is ethically permissible will be inclined to look tolerantly on abortion, particularly if no evil results follow and the motive is family thrift and a sense of parental responsibility. Here, then, we have another powerful force to give this practice a social standing.

All the forces on the political, economic and general social horizon seem to indicate not a surplus of food for the immediate future but a growing uncertainty as to the actual available supply, regardless of whether that shortage is due to under-production or inefficient distribution. The fact is, millions in our country have grown sceptical of the future; many have become cynical and filled with despair. That mood, I believe, is spreading, not diminishing. A sense of futility and helplessness is taking more complete possession of the souls of the people. Realization of an almost invincible form of oppression lies at the bottom of this feeling. The conviction is growing that the vastness of the social machine has exceeded the power of the masses to handle it. It is not out of such soil that fecund and powerful populations arise, with a shout of creative joy, eager to build a new order and beautify the world. Economic insecurity depresses and kills after it reaches a certain stage of intensity, for life is robbed of hope. Man cannot live without hope. A state of hopelessness means a harvest for the abortionist, who will in an incerasing degree in the years immediately ahead of us (so it seems to me) have good reasons to come to believe his services in ever greater demand. What more natural that he should think of himself as socially useful and necessary? His work will first be tolerated, as it is now, and then approved, which will be the next stage, near at hand.

Local practitioners tell me that most women when questioned as to why they desire their pregnancy aborted give an economic reason. No doubt this reason is not always honest, for many say, "We can't afford a child," while displaying silk underwear and expensive lingerie. Yet no doubt with others there is good ground for citing the high cost of food, clothing and shelter and the uncertainty of employment, especially among wage-earners. They are the least secure class and can assign this reason with most truth.

Higher-paid artisans' wives rank next to middle class wives in seeking abortion. But the war accelerated the tendency for persons of lower economic levels to do likewise.

All things considered, this greater dependence upon abortion to help solve the economic problem among wage-earners

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and the inferior levels of society is a good thing from the eugenic point of view.

Abortion, like birth control, will inevitably be dysgenic in its effects and highly dangerous to civilization unless all classes have approximately the same opportunity to practice it and do so to the same degree. If healtier, brighter, more capable stocks can procure abortions without trouble, as in fact they can, having the money to pay for them; if the more weakly and defective kind must bear their children; if society then taxes itself (that is, the better stocks) to keep this inferior progeny alive and calls this procedure "altruism" or "social service"; if institutions and free food are thus provided for the weaklings; what else is all this but selection of the unfit for survival and propagation? In an intelligent view it would seem that abortion ought to be rigorously suppressed; or we ought to have insight enough to go back to more primitive conditions when natural selection, blindly and cruelly but with a rough sort of efficiency, solved the question of fitness for us; or we ought to permit abortion under the law.

How many generations it will take before this sort of adverse selection will bring about sufficient racial deterioration to cause a gradual decline and crumbling of our civilization, it is impossible to say. But that in the end such will be the outcome if present tendencies persist seems a conclusion hardly to be escaped.

Perhaps stress of economic pressure will force more people to adopt such a view and consequently abortion come to be looked upon not as a crime or sin but as a subject for frank and intelligent regulation by public authority.

7. Finally I cite as a condition making for social recognition of abortion the ever-expanding freedom for women in the modern world.

Women have attained a degree of political and economic independence that is equal to that of men. Their social freedom is actually greater than that of men. Woman has been practically relieved of all the old obligations, while man is still bound by law to be the protector and provider. At least in the United States there is hardly anything that a woman cannot do with impunity if she is ambitious, adroit and good-looking enough, even to murdering her husband and children. Woman has won an inner as well as outer freedom in which she is quite a law unto herself.

Modern woman does not fear the contemporary male. I have an idea she rather despises him for having given up the advantage he once had. She seems to have no particular reverence or awe of any kind left. She is master of a corrosive scepticism that destroys quickly all the vast moral pretensions of the priests, philosophers and homilists of former days. All she needs to do to discredit them is to ask for

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their credentials and grounds of authority. They can show none.

How then with birth control and abortion available is she going to be compelled to bear children against her will? The answer is that she is not going to bear them unless she so desires. The old compulsions are gone and no new ones have developed. Woman today, with her rejection of the old shams and hollow authorities of a generation ago, enjoying political equality and economic independence, will not hesitate to resort to abortion if she is convinced that such an operation does not injure her health or her appearance or seriously interfere with her sexual functions.

My friends, the practitioners, here report a significant change in the attitude of girls and women toward pregnancy among the unmarried as reflected in the consulting rooms of Drs. A. and B. Ten years ago, I am told, an unmarried girl would sob out her story to the doctor, who might ask sympathetically, "My good girl, don't you want to get married and have your baby?" Yes, her heart yearned for that, but the young man gave no evidence of willingness to marry her. As often as not the young man was spoken to by the doctor and persuaded into legitimizing his offspring.

Suggest nowadays to a young unmarried woman who has had an "accident" that marriage will make it possible for her to have her baby without the necessity of secrecy or explanations and you get a prompt and decisive rejection of that choice. Neither are there tears, apologies nor remorse. It is not a sin or crime they have committed, but just a case of bad luck—so they feel.

Women in ever swelling numbers no longer apologize to themselves for having abortions. They simply have the thing done and go about their regular work in the world. Some saleswomen, for instance, in a large department store near Dr. A.'s office have abortions performed during the lunch hour and are able to be back at work at 1 o'clock.

This matter-of-fact attitude applies largely to women of all ages and nationalities and to representatives of every social status. Even Roman Catholic girls and women, who might be thought of as under the old dominations, are gradually rejecting traditional authority. Dr. B., for instance, only recently had five cases between 11.30 a. m. and 4 p. m. Four of these were Catholic women. A girl of 12 or a woman of 50—which represents the actual range in age among patients of Drs. A. and B.—will be equally undisturbed in conscience and certain that she is doing that which in reality concerns only herself.

Few intelligent women today reject the principle of "voluntary motherhood." Even Catholic women are not beyond giving assent to that doctrine. It has become axiomatic with women today.

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Then women are demanding more education, more time for self-improvement, more leisure for amusement and play, more opportunity to adorn and beautify themselves. They are also insisting upon the "love-rights of women." Does not all this inevitably mean that they are going to limit, in one way and another, their reproductive powers?

If some one tells me that instinctive motherhood will keep women from submitting to abortions, I reply that one or two or three children are quite sufficient to satisfy that instinct among the vast majority. I do not think the maternal instinct can be relied upon very much to reduce the practice or offset its tendency to increase.

My opinion is that abortion, if done skilfully, safely, and without public scandal, as several operators here undoubtedly know how to do it, is, as Professor Sumner would say, "in the mores" of the American people. We in the United States do not boast of our success in having perfected the technique of abortion; we probably would resent being publicly charged with more frequently resorting to the practice than any other people on earth. Instead we ignore such phases of our life and do not talk about them. We agree to allow abortion for those who have the money to pay, but serious discussion of it as to its advantages or evils ,or active agitation either for or against it, is regarded as indecent and is discouraged. The proper attitude is to let the thing go on and say nothing one way or another. Advise your friend quickly where to go if necessary, but all the while pretend that nothing like that is done.

Is not full and intelligent discussion of the situation the thing most needed today?

DO GERMS CAUSE DISEASE OR WILL A BRICK KILL A MAN?

By William J. Robinson, PH.G., M. D.

Will a brick kill a man? A sensible and honest answer to this question would have to take into consideration the brick and the size of the man. And also the force with which the brick was thrown, the part of the man's anatomy on which it landed and the condition of the man at the time of his receiving the brick. To say a brick will kill a man or a brick will not kill a man would be equally silly and equally incorrect. The proper answer would be—A brick **may** kill a man and a brick **may** not kill a man, depending upon a number of circumstances.

The same answer exactly should be given to the question: Do germs cause disease? It depends upon the germs and it depends upon the human being with whom they happen to come in contact. The number and virulence of the germs are factors, and the receptivity or immunity of the person whom

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they attack are the opposing factors. In short, we must have both the proper seed and the proper soil. This is so elementary a fact that it should not be necessary to state it even for the benefit of the lay readers of Physical Culture; but as there are people with the degree of M. D. attached to their names who, either from strange perversity or from a peculiar make-up of what they call their mind, do make strange assertions, this elementary fact must be restated.

In my opinion to deny that germs may be and often are the direct and sole cause of disease is to be guilty of a greater degree of obscurantism than is involved in denying the fundamental fact of Copernicus' astronomical theory. One can forgive a person who continues to assert that the earth is flat and stands still, because nobody can see the globular shape of the earth nor can we see it revolve. But to deny things which one can see daily, see unmistakably, undeniably, does require a peculiar mental makeup. I hope I will have no difficulty in proving even to the most prejudiced and unwilling of your readers that germs do cause some diseases. I will prove this beyond the possibility of question, cavil or denial. And if I have proved that germs can cause some diseases, I have acquitted myself of my task, for if germs can cause one or two or three diseases, there is no logical reason why they cannot cause ten, twenty or thirty diseases. As I am not in the habit of beating about the bush, we will go to the matter directly. And I prefer to deal with diseases which are in the direct line of my work and my specialty.

Here is a young man twenty-five years of age, perfectly healthy in every way. He has never had a suspicion of any venereal disease because he has always lived what is called a pure life. A week ago, however, his resistance broke down, temptation came his way, and he became very intimate with an attractive young woman. Thirty-six hours later he noticed itching, burning and some discharge, and an examination demonstrated beyond doubt that he was suffering with a well-developed case of gonorrhea.

Does any sensible, straight-thinking person doubt for one moment that this young man got his disease by direct contagion from the woman? Even if no such thing as a microscope were in existence, no more definite, no more direct proof, could be required. But to make doubly sure we examine the secretion from the young man under the microscope and we find numerous colonies of the germ that causes the disease, the gonococci. The woman denies that she has the disease, but we examine her and we find that her secretion also contains numerous colonies of the same gonococci. Are there any other proofs necessary that in this case the gonococci have directly infected i. e., caused the disease in the young man? No. In my opinion only an insane person or a mental pervert would deny that the gonococci are the direct cause of gonorrhea, i. e., that gonorrhea germs do cause disease.

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Here is another case from my practice. A young girl of nineteen, in every way healthy, who has never had use for a physician, goes away for a week's vacation. She is a quiet, religiously brought up girl and keeps mostly to herself. But at the mountain resort where she is spending the week of her luxurious vacation, she meets a young man whom she had known slightly in New York, and he takes her out driving and boating. On the eve of her leaving for home he persuades her to permit him to kiss her. That's all. Two weeks after her return to New York she begins to notice peculiar symptoms: her throat is sore, she has difficutly in swallowing and she has a nasty sore on her lip. Little home remedies and a prescription by a general practitioner prove of no avail. The boss for whom she is working, though not a physician, is alarmed by her appearance and sends her for examination. An examination discloses the unmistakable fact that the sore on the lip is nothing else but a chancre and the throat is full of mucous patches. The glands on both sides are also badly swollen. An examination of her blood proves the Wasserman positive. Spirochaete are also present. And an examination of the young man, to which he submits reluctantly, shows that his lips contain numerous mucous patches; in short, that he is suffering from syphilis, and that by that one kiss he transmitted the disease to the poor young girl.

Is there any doubt whatever that in this case there was a direct infection, a direct transmission of the syphilitic germ from the young man to the young girl? Again I must say strongly and emphatically, only an insane person or a mental pervert would deny that.

And cases like these could be given by the thousands.

Now, if germs can cause gonorrhea and syphilis, why can they not cause diphtheria, typhoid fever, meningitis, influenza, tetanus, etc., etc.? And, by the way, speaking of tetanus, would Dr. Fraser permit himself to be inoculated with tetanus germs?

I have so far written without any reference to Dr. Fraser's article. I do not wish to criticise the experiments which he reports, not knowing the exact circumstances under which they were performed. I would have to know exactly where the germs of which he speaks were taken, how they were incubated, and under what circumstances the tests were performed. Very often men, both lay and professional, speak glibly of germs, who would not know a germ if they met one. But a few remarks I will permit myself.

The question as to when does the germ appear, before or after the disease, is in my opinion too absurd for discussion. In the case of the young man that I referred to above, does Dr. Fraser mean to tell me that the patient developed the gonorrhea and then only the gonococcus appeared? How did he develop gonorrhea—from what? Any sane person must

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admit that in this case the transference of the germs from one person to another is as clear and unmistakable as is the transference of my spoken words to this paper.

When a patient reads about a million germs having been swallowed and having caused no disease, he is in his mind convinced of the harmlessness of the germs. He cannot be expected to know the peculiar fact that, **when swallowed, germs are the least harmful.** There are many germs which are quickly destroyed by the digestive juices. The soil is an important factor, as I mentioned before. The gonococci, for instance, are **practically harmless** if taken in the mouth, because **the epithelium of the mucous membrane of the mouth is very resistant to the gonococcus.** The mucous membrane of the eye, of the urethra, and the uterus, however, are very susceptible. And so in each case we must consider not only the germ, but the **method** and **place** of introduction. This is true even of some vegetable substances. For instance, there is a substance called Abrin which is the active principle of the seeds of *Abrus Precatorius,* a minute particle of which injected or applied to the eye or to some other mucous membrane may prove quickly fatal as it is an extremely toxic substance; but it may be taken in the stomach in comparatively large quantities with impunity, because the gastric juice destroys its toxic property. This is a curious and interesting fact which may not be known to many, but there are many curious and interesting facts connected with the causation of disease which are not known to many people who presume to talk of the subject with aplomb and assurance.

I could spend considerable time answering the unscientific statements of Dr. Fraser, but instead I will conclude by asking the doctor two or three questions.

(1) Believing as he does firmly that germs do not cause disease, and having confidence in the reliability of his experiments, would he permit his own baby's little throat to be rubbed up with some diphtheritic membrane or with strong virulent diphtheritic germs?

(2) Would he permit me to inoculate his urethra or his eyes with some gonorrheal pus from a fresh case of gonorrhea?

(3) Would he permit me to inoculate his throat with the secretion of a mucous patch from an undeniably syphilitic case?

(4) Would he permit himself to be inoculated with some pure tetanus germs?

That is all. Let the doctor answer these questions honestly and truthfully.

The insinuation made by Dr. Fraser that the belief in the germ theory of disease in any way interferes with intelligent physical exercise is utterly devoid of any basis of fact. Physicians who firmly believe that germs are the cause, and

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the sole cause of many diseases, do not on that account neglect physical exercise, fresh air, proper diet, hydrotherapy, etc.

Nor is the statement true, so often made by the unthinking, that those who believe in the germ theory of disease are great believers and prescribers of drugs. I know many physicians, for instance, who are firm believers in the tubercle bacillus as one of the chief causes of tuberculosis and who hardly ever prescribe any medicine. Their reliance is on plenty of nutritious food, fresh air day and night, rest and moderate physical exercise, according to the patient's condition.

And one more point. Please remember that many physicians who call themselves progressive are really the most unprogressive, the most reactionary, and—I do not like to use the term, but it is no use mincing words—the most ignorant followers of the healing art. They sneer at the development and discoveries of modern medicine, not because they have given them a trial and found them wanting, but because they lack the education to understand them and the practical knowledge of how to apply them properly.

TWO LITTLE WAR STORIES

By B. Liber, M. D.

I.

Called in hurry. I see first the daughter of the house who meets me at the door. With a finger on her lips she holds back my questions and makes a sign to enter the room.

Two old women.

One is sitting on a chair. Her eyes are open and she is evidently trying hard to say something, but she is utterly unable to articulate a word.

The other, of a waxy pallor, is lying in bed, seemingly lifeless. A quick examination proves that the heart is working and a little effort restores it to normal function.

Now the young girl takes me into the adjoining room and from her broken and often interrupted tale, I gather the following facts:

One of the women, the girl's mother, had lost her son in the war.

The other woman, an intimate friend of the first, came to see her and to tell her that her son too, the youngest, has been sent to Europe to the front.

She entered the room, pale, tottering and fell into a chair, exhausted. She said only: "He is gone."

They looked at each other in silence for a while. Then they burst into tears. And one of them could not withstand the shock.

II.

I have known the family for years. They have lost five

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children. Two boys are left. The older, a young man of twenty, has volunteered in the army and is now on the other side engaged in the big battle.

The child, a boy of eight, is in convalescence after a long and complicated illness. I am sitting near his bed and talking to him. He cries, he pleads with me,—he wants candy. He tells me his parents have sent several times boxes of candies and other good things to his big brother at the front.

I am jealous, he says, I wish I could be a soldier too.

I try to convince him that he cannot eat candies now and I promise to allow them to him in a few days.

But the bell rings and his father goes down stairs. He returns with a package and a letter which he opens and reads in haste while his wife looks into it over his shoulder.

Their last box has come back with an explanation why it will not be delivered. The young man is dead.

The parents glance at each other. She sits down, lays her head on her arm upon the table. He gently puts his hand on her back.

I feel myself superfluous and uncomfortable in this atmosphere of deep, heart-rending sadness and I am unhappy to be here just now.

But in the midst of the most perfect quiet, the child's voice resounds: —Oh, that is the box.....

But, altho not understanding the situation, he is frightened by his own words and says nothing further.

Medicine and Therapeutics

TREATMENT OF VAGINAL DISCHARGE

In an address before Am. Ass'n Obstet. and Gynec. (N. Y. M. J., 10, 11, '19) Dr. G. F. Chandler advocated the principle of treating ordinary discharges of the vagina by a so-called dry method. Six treatments are given. The first three treatments consist of swabbing the cervical canal with pure carbolic acid and painting the entire vaginal mucous membrane with a weak solution of iodine, after which the vagina is packed with dry sterile gauze in sufficient quantities to straightened out all the folds. The last three treatments consist of the application of a powder made of equal parts of stearate of zinc, starch, and boric acid, and packing the vagina with sterile guaze.

Dr. Chandler says this treatment cures more quickly than any other method.

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A CASE OF GASTRIC SYPHILIS

Drs. Galliard and Mendelssohn (Bull. et Mem. d. l. Soc. med. des hop. d. Paris; N. Y. M. J.) report the case of a man aged 55 years who had contracted syphilis at the age of 22. He began to complain of gastric pain at varying intervals after meals, with profuse diarrhea. The Wassermann test was repeatedly negative and there were no tabetic symptoms. There was no hematemesis, melena, nor palpable tumor. X-Ray examination showed the stomach free of adhesions but almost bilocular in shape, apparently thru fibrous tissue contraction. Under eighteen intramuscular injections of 0.01 to 0.02 gram of mercury benzoate administered in the course of four weeks the bilocular appearance completely passed off, and with it the gastric symptoms and diarrhea.

A series of intravenous injections of mercury cyanide was subsequently given in order to prevent recurrence.

THE COLD BATH IN FEVER

Dr. W. H. Porter (N. Y. M. J., Oct. 11, 1919) in an article on "Fever and What It Really Means," shows that during the febrile period there is a decreased heat production to combat, not an increased,—and that the fever is merely a symptom of this pathological state and not the condition that most cries out for treatment. Cold baths, are, if anything, contraindicated in fevers. It is only when the cold bath increases heat production, augments the utilization of food stuffs and stimulates a more perfect secretory and excretory action, that it can be of any value in febrile conditions. At all other times it may work positive harm by over-burdening the already weakened circulatory system with a mass of blood driven in from the periphery. A patient who is strong enough to stand a cold bath under these conditions is too near normal to require it at all.

PREVENTION OF VENEREAL DISEASES

To those who believe that the fear of disease acts as a deterrent to such an extent that the feeling of security induced by a course of instruction in the use of prophylactic outfits will so increase the number of those who indulge in promiscuous sexual intercourse that the actual number of cases of acute disease will be increased, a surgeon in the Royal Navy (B. M. J., 2, 8, '9) replies that this is not the experience of the navy. Prophylactic and early preventive treatment was in existence in it before 1912, and the result was a considerable fall in the incidence of acute diseases. The proportion was about 50 per cent. of that ten years ago. In the writer's ship, out of 130 men there has only been **one** case of acute disease **in eighteen months, and in that case no preventive measures were used.**

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IMPORTANCE OF URINALYSIS IN SENILE CASES

Dr. M. Thewlis (Med. Rev. of Rev.) remembers an old man who had been a great burden to his family. "Old age" had made him very disagreeable about the house and life was not worth living. Three years ago attention was given to the cause of his "senile mental state," which was due to uremia. Careful treatment in this direction produced a new man mentally, and in in time he resumed his work and became self-supporting. To-day old age is dear to him and his family, the disagreeable mental state has disappeared, and the family would feel very bad if he should be taken away.

ANTIQUITY OF CASTOR OIL

A French savant, Professor Larit, alludes to the frequency with which seeds of the castor oil plant are found in Egyptian tombs. Some of these discovered at Thebes could not be less than 3000 years old, and were perfectly preserved, the oil which they contained being simply rancid. Prof. Larit has translated an ancient papyrus which goes to show that the uses to which the ancient Egyptians put the oil were much the same as nowadays.

THE BENEFITS OF CIRCUMCISION

The Jews have for many centuries practised the custom of circumcising their boys when eight days old. This is a very simple operation, consisting in drawing the prepuce forward and with a sharp knife or pair of scissors clipping off the surplus part. This leaves the opening large. While the penis is still small, the prepuce easily passes back and permits the smegma to be removed. As the boy passes thru adolescence and the organ enlarges, the prepuce gradually recedes, leaving the glans exposed to the friction of the clothing. In this way the penis becomes less sensitive and is kept in a perfectly clean condition. Due to this custom the Jews are nearly free from the practice of the secret sin. [Some of the most confirmed masturbators I have had to treat were Jewish boys.—W. J. R.] Their sexual organs develop normally. They are healthier and live longer, as a race, than we do.....Doctors vary in their opinions as to the need of circumcision. Some advocate its universal use, others believe in circumcision only where the opening is very small and the prepuce adheres.—Prof. T. W. Shannon. "Science of Life and Sex Purity."

SYPHILIS AND EPILEPSY

In a series of 886 patients at the Craig Colony to whom the Wassermann test was applied, only 23, or 2.48 per cent., gave a positive reaction. This would suggest that syphilis

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plays a less active role as an etiologic factor in the occurrence of epilepsy than has been thought heretofore. Despite this fact, in every case of epilepsy one should inquire into any connection with syphilis and make a Wassermann test. In cases in which this is positive, favorable therapeutic results may be expected from appropriate anti-syphilitic treatment.

Mercury and iodides or salvarsan will be of benefit, and a cure may be obtained provided the epilepsy is not a symptom of severe lesions of syphilitic origin.

MULTIPLE CHANCRES ON THE LIPS

Dr. Harry M. Robinson (Med. Rev. of Rev., Sept. 1918) reports the case of a widow, waitress, aged 39, who about eight weeks previously, during coitus, was bitten on the lips, leaving two abrasions on the upper lip and one on the lower. These healed in two days. Two weeks later the patient noticed an itching on the upper and lower lips, which she rubbed, causing a slight abrasion, which slowly enlarged and became hard. When she was seen she had three lesions, each about the size of a dime. Spirochetae were demonstrated. Wassermann was positive. One dose of diarsenol 0.4 caused disappearance of the lesions.

ABSENCE OF THE PROSTATE AND STERILITY

Dr. Henry Dowd (Med. Rec., Sept. 6, 1919) reports the case of a man aged 32, married six years, who was sent for consultation as being possibly the sterile factor in the marriage. An examination of the prostatic region for pus showed an entire absence of the gland; there was no pus present nor prostatic fluid. Examination of a reasonably warm specimen, only a few hours after being passed, showed only an occasional spermatozoon, and all were motionless, small and apparently deformed.

He acknowledged he had possibly overdone the act of coitus, having at no time any trouble in producing an erection, and whether the atrophy if such it was, was due to this cause or to the gland being tuberculous before puberty, undergoing spontaneous recovery with atrophy, it is impossible to say. One thing was certain: erections were normal, and owing to the absence of prostatic fluid, what few spermatozoa were present, were without life.

THE TEETH OF MANKIND

The N. Y. M. J. (Sept. 20, 1919), editorially, calls attention to the fact that dentistry is a very old art and is found to have been rather well developed in all civilizations. The old Etruscans evidently had good dentists, for bridge work in

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gold has been found in their ancient tombs in Italy (from 800-600 B. C.) and they used gold caps for the teeth, while as early as 450 B. C. the laws of the Twelve Tablets at Rome forbade the burying of gold with a corpse except such gold as was fastened to the teeth.

Modern dentistry is a new invention, mainly due to American ingenuity and enterprise. Tho dentistry was never so thoroly developed as in our day, the teeth of mankind were never in such bad condition as they are to-day. Tooth decay has reached such a climax of destructiveness and danger to other structures in the body that it is time to be ready to initiate a movement that will serve to save the teeth of the next generation as least.

Manifestly the trouble is with the habits of mankind in the matter of chewing. An Italian peasant eats black bread a week old that would seem almost impossible to an American but such a vigorous chewing obviates the necessity of the tooth brush and does more to keep the teeth clean than anything that could be done. The eating of raw foods and fruits has a similar beneficial effect.

THE WHITE SLAVE TRADE TO-DAY

Fred Fischer (Social Hygiene Bulletin, Sept., 1919) asserts that the White Slave Trade in the United States is practically extinct. Fred Fischer is a pseudonym which conceals an investigator who has for fourteen years been engaged in the study of organized prostitution in the United States. Altho Fischer's conclusions do not have statistical weight, the Editor of the Bulletin remarks, they are of particual interest as the impressions of an individual with an "almost unequalled experience."

According to Fischer's knowledge, not since 1912 have girls been sold at auction in New York City. No one is buying or selling girls for export nowadays. The business has been destroyed, not so much because of prosecutions of white slavers under the Mann act, but because the market has been destroyed.

White Slavery was always a phenomenon of the large cities, particularly of the Eastern cities. In the Southwest where prostitution was most flagrant and accepted—so much so that in some towns the city tax and license collector issued monthly licenses to houses of prostitutios, just as he did to cafés and steam laundries—White Slavery in the conventional sense never existed. The prostitution were free as air, and drifted from one town to another at will. In cities as New York, Philadelphia, and Chicago, white slavery used to be a very real thing, but is rapidly becoming extinct. There are still agents who will provide prostitutes on request, but they are rather employment bureaus than slave

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owners. The prostitute in search for a new location pays a fee of five dollars to the agent. The madam in some city far removed from the centres of trade sends on a similar fee and asks that a woman be sent, and the agent sends one of his clients. But this business is no longer flourishing.

In the disappearance of White Slavery Fischer sees a strong proof of the theory that prostitution is an organized business and not a "necessary evil." Take the profits out of the business and it will disappear just as would any other business under the same circumstances.

NORDAU ON THE SEX INSTINCT

The sex instinct is the sole social impulse in man that is not due to example, habit, or artificial interests. It is the sole source of sympathetic emotion, even when not apparently roused by the other sex. Where it is restrained or repressed, as in the eunuch, the whole nature dries up, and becomes incapable of feeling for anything or anyone outside itself.

Love of child is the first transformation of the sex instinct; it appears in a still less differentiated and more unconscious form in youthful friendship. Sentimentality, exaltation, enthusiastic admiration for ideas and their exponents, for movements and those who lead them, for groups, classes, nations, and historical figures—all are the outcome of that primitive instinct which reason and imagination have trained to flow along many artificial channels, like the water of a complicated fountain that issues in countless jets from a single source. Bossuet's truest word was: "All is love transformed."

A train of thought or act of will which is not at bottom rooted in the rich soil of the sex instinct remains a mere shadow, colorless and bloodless, warmed by no feeling, powerless to issue in act.—Dr. Max Nordau: "The Interpretation of History."

THE SEX-IMPULSE IN THE FEEBLEMINDED

H. H. Goddard ("Psychology of the Normal and Subnormal") states that twelve year's association with the feebleminded, and study of their condition has convinced him that the fundamental emotional conditions are not so variable as is commonly supposed. The feebleminded want to be comfortable and happy and they are not hard to please. When treated in a manner to produce happiness, they seldom manifest violent emotions. In all these years the writer has never seen such paroxysms of anger as he has seen among normal boys.

Even the sex instinct is much less in evidence among mental defectives than among a similar group of normal

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persons. The social relations between the sexes in most institutions for the feebleminded are much the same as in a co-educational boarding school. The boys' cottages are separated from the girls' cottages; many of the boys' at their work or on errands come in contact with the girls; in some of the shops they work together; they are together in school; they all meet in the same hall two or three times a week for entertainments, etc. Yet in the institutions best known to the writer, there have been in twelve years not more than two or three instances that indicate any special sex activity, and those were relatively unimportant. If one compares this with conditions in public schools or co-educational schools, the conclusion seems to be inevitable that the feebleminded do not have abnormal sex impulses.

THE AMAZON

Fortunately or unfortunately, a diminishing birth-rate is confined for the most part to those societies which we are accustomed to think of as highly civilized. The phenomenon is not new. The Greeks forsesaw and feared it. To them the Amazon was the woman broken away from her natural obligation, always a peril to the race. Amongst the Romans, Juvenal made his grim jests at her expense. A false education, he affirmed in his "Legend of Bad Women," which stimulated false energies and excited abnormal ambitions, made her contemptuous of her femininity, and encouraged her to substitute for it an ideal which was hybrid and grotesque. It was against this type the jest of the comic stage was directed: "A man with her has only two happy days, the day he marries her and the day he buries her."—Andrew Macphall: "Essays in Fallacy."

WHY VENEREAL DISEASES CONTINUE TO EXIST

Venereal diseases have existed since the earliest times. Nobody knows where these diseases came from, but everybody knows they are present and some know something of their danger. Why is it that, having this knowledge, people will continue to take chances?

Dr. Franklin R. Wright (Urol. and Cut. Rev. Sept. 1919) essays to answer this question by calling attention to the influence of sex on the individual, male or female. Men and women are both human; they differ only in sex, yet these differences are considerable. A normal man possesses the strong sexual desires that Nature has given the male thruout the entire animal creation. Man is naturally a Mormon. In an experience of over twenty years in the treatment of venereal diseases, the writer does not recall one patient who ever questioned his act from a moral standpoint. With women it is different. The sexual desires of a

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normal woman are moderate. She wants her own babies, but she wants one and the same man to be the father of them.

Education has very much to do with modifying the sexual life in women. Every young girl is taught that it is indecent to have sexual feelings. As a result sexual desires are gradually blotted out of the human female. It is estimated that five per cent. of women have no sexual desires whatever; that about 40 per cent. have none until after marriage when they learn to take interest in sexual matters, that about 50 per cent. have normal sexual desires before marriage. From the remaining group of women with abnormally strong sexual passions the prostitutes are recruited. There are persons who believe that every woman who is leading the life of prostitution is doing so because of the villainy of some man. The writer doesn't agree with them. In his opinion it is as impossible to make a prostitute out of a normal girl as it is to reform a prostitute and make a normal girl out of her. Prostitutes are like poets—they are born not made.

Those pleading for a single standard of morality for men and women will not obtain much of a following because their idea is based on their own feelings instead of on a knowledge of sex. Society is not apt to change a standard that has grown out of a physiological fact. Those same people claim that celibacy is not harmful to health. The writer begs to direct their attention to the half-invalid maiden lady, of unnumbered years, who marries and after a few months has gained in weight, and her friends say she has renewed her youth.

Those female members of respectable society who have illicit relations are women with relatively strong sexual desires; they are married women who are sexually mismated, widows, and maidens. They know that sexual diseases exist and are communicable, but they have an abiding faith in their men friends—a peculiar trait of feminine character—and are absolutely sure that he is too much of a gentleman to give them anything of this kind. Why is it that their confidence is so often misplaced?

The writer maintains that 95 per cent, of men have venereal disease some time during their life [oh, rot!] and it is not known what proportion of them completely recover. A man discovers he has a urethral discharge. He goes to a druggist who gives him a mixture guaranteed to cure in five days. If this stops the discharge, he thinks he is well; if it doesn't, he goes to a physician who treats him until it does stop and then allows him to return to his ordinary habits of life. If he has developed a venereal sore he is given a dusting powder; when the sore has disappeared he is well. This is a more or less general outline of the treatment that a large percentage of venereal cases receive.

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There are two diseases which the general practitioner knows all about and for which he is willing to treat any patient that comes along—they are gonorrhea and syphilis. There are two diseases that the general practitioner never studies—they are gonorrhea and syphilis.

For the control of the spread of venereal diseases the writer suggests: first, the lessening of promiscuous intercourse by inducing young people to marry early; second, education, which must begin in the medical profession. As long as the physicians will not realize the prevalence and seriousness of venereal diseases to the point that they will study and gain sufficient clinical experience to properly diagnose and treat these cases intelligently, no hope can be entertained that the people will consider venereal diseases anything but trivial affections.

HYDROPHOBIA FROM AN UNFORTUNATE MARRIAGE

Hydrophobia is universally associated with rabies, an infectious disease depending on a specific virus, which is communicated to a man by the bite of mad dogs and other carnivores.

Dr. John D. Quackenbos (N. Y. M. J., Feb. 22, 1919) reports a case of hydrophobia which was a true phobia, or unfounded fear of water, of purely psychic nature and origin. The patient was a woman in whose case dogs and their bites played no part. An unfortunate marriage to a man she detested precipitated her first attack. During the marriage ceremony, a spasm of the pharyngeal constrictors and muscles of the larynx suddenly occurred, closing the piglottis with a strangling sensation in hysterical imitation of the genuine tetanic contractions of canine madness. Gradually a difficulty in swallowing developed, having special reference to water. The spasm returned with every attempt to quench her thrist, and finally at the very sight and thought of water. She became accustomed to occupy four hours every morning fighting with the water in the basin to get her face washed. She said that she "monkeyed with everything she had to swallow or that contained her food." The suffering connected with the use of water in any form had become so intense that she had lapsed into a state of melancholia and prayed for death. This incoercible conception was at its height when she presented herself for treatment. She was put into a receptive sleep and cogent suggestions were given. The same were repeated on a second occasion and immediately upon her restoration to world consciousness she called eagerly for a tumbler of water, which in obedience to the suggestion that there would be no further spasm but that she would drink her fill without a thought of trouble,

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she swallowed with facile gusto. Then she called for another and another tumblerful until nine had been handed to her before her imperative hankerings were gratified and so the backbone of the phobia was broken.

EUNUCHS AND JEALOUSY

Doctors Climenko and Strauss (Arch. of Neurol. and Psychiarty, 1919, vol. I, page 726) believe castration was the first surgical operation. It was not done to relieve human suffering but to satisfy one of the lower human instincts —jealousy. From the time of Semiramis to that of Abdul Hamid, eunuchs have been employed to guard the harems of the wealthy. We have descriptions of the barbaric way in which they are castrated and the tortures they undergo as children during and for a long time after this operation. It is stated that 80 per cent. of these unfortunates die either immediately during the process of operation or soon after from exhaustion due to pain and infection.

Even some of the ancient people protested against this form of brutality. The Hebrews considered castration an unpardonable sin. It was not lawful to castrate even animals. The ancient Hebrews went so far as not to allow a man whose sexual apparatus was cut off or otherwise mutilated to enter the house of the Lord. Nevertheless, the Jewish Kings employed eunuchs in their harems where they occupied important positions.

Recent investigations have established the fact that acquired eunuchism is almost identical with eunuchoidism, the latter being a congenital condition.

Baron Larey has described a group of soldiers in Napoleon's army who had highly pitched voices, fine skin, smooth and hairless, and no axillary or pubic hair. Their sexual organs were atrophied. For a long time these individuals were looked on as curiosities. Later, when the study of the glands of internal secretion became more advanced, the pathology of this condition was taken up more seriously. It was shown that this condition is the result of pluriglandular activity. Among other things it was shown that the hypophysis has control over the sexual glands.

By and by the literature became flooded with illustrations of the pituitary and sexual glands and the question of the psychology of the eunuchoids has been given close attention.

One thing is certain: all of them lack the earmarks of masculine psychology. They are conspicuous for lack of pugnacity, for their softness of character, weakness, and seeking the protection of others as do women. On the other hand, they lack the attractive part of woman's psychology. If we remember Virchow's aphorism that a woman is only a

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woman because she has ovaries, we must admit that whatever is masculine in a man is because of his testicles. The testicles have really a double secretion: an external—the procreative; and an internal which helps to make up the secondary sexual characteristics of the individual. Eunuchs have been observed in whom the testicles had been removed, yet they retained in the main the secondary sexual characteristics and were able to indulge freely in coitus. Thus in the harem of Abdul Hamid a eunuch killed a young woman out of jealousy. It is, however, difficult to establish whether these people have a real libido. Their apparent yearning for women could probably be interpreted as a desire to be like others.

PAULINE BONAPARTE
(A Typical Woman)

In his private lie Napoleon was affectionate and indulgent and he even showed a certain weakness where his relatives were concerned, so that he let them prey upon him almost without end. He once declared: "My family have done me far more harm than I could have been able to do them good."

His brothers were ungrateful or openly his foes. Of his three sisters, Caroline, Elise and Pauline, the latter was the only one who showed fidelity and gratitude to her brother. This feather-headed, languishing, beautiful, distracting morsel of frivolity was from girlhood an incarnation of "femininity." (Lyndon Orr: "Famous Affinities of History").

They say that no one can form any idea of her beauty from her pictures. "A masterpiece of creation," she has been called. Frederic Mason describes her: "She was so much more the typical woman that with her the defects common to women reached their highest development, while her beauty attained a perfection which may justly be called unique."

No one speaks of Pauline Bonaparte's character or intellect, but wholly of her loveliness and charm. Thus she is described: "Of medium height, with a wonderful roseate complexion, brilliant eyes, dark hair, a Grecian profile, and such a perfectly formed body that she sat as a nude model to Canova for his famous statue of Venus, now in the Villa Borghese at Rome."

Even as a child of thirteen, when the Bonapartes left Corsica and took up their abode in Marseilles, Paulette attracted universal attention by her wonderful eyes, her grace, and also by the utter lack of decorum which she showed. She was sought out by several men of note, among them Fréron, a commissioner of the Convention. He visited Pauline so often as to cause unfavorable comment; but he was

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in love with her, and she fell in love with him to the extent of her capacity. Here is the end of the letters she wrote to him:

I love you always and most passionately. I love you forever, my beautiful idol, my heart, my appealing lover. I love you, love you, love you, the most loved of lovers, and I swear never to love any one else."

Soon afterwards she fell in love with Junot, who became a famous marshal. Her love affairs never gave her any serious trouble.

Napoleon was anxious to see his sisters in some way settled and proposed to General Leclerc to marry Pauline, who was then seventeen. Leclerc was twenty-six, rich and of good manners, but in poor health. He was made commander-in-chief of the French expedition to Haiti and Pauline ordered to accompany him. At the end of two years both fell ill. Leclerc died and Pauline brought the General's body back to France. She had him interred in a costly coffiin and paid him the tribute of cutting off her beautiful hair and burying it with him.

"What a touching tribute to her dead husband," said some one to Napoleon. The emperor smiled and said: 'She knows that her hair is bound to fall out after her fever and that it will come in longer and thicker for being cropped.'"

Soon afterwards she became intimate with the Prince Borghese, whom at Napoleon's behest she married.

Prince Borghese was immsensely rich, an excellent specimen of the fashionable Italian. His palace was crammed with every sort of artistic treasure; he was the owner of the famous Borghese jewels, the finest collection of diamonds in the world.

Pauline soon quarrelled with her husband and commited numerous breaches of decorum; Napoleon continually had to check her extravagances.

In 1814, when the downfall came, of all the Bonapartes only Pauline and Madame Mére remained faithful to the Emperor. Pauline gave to her brother a great part of her fortune. When he escaped from Elba and began the campaign of 1815, she presented him with all the Borghese diamonds.

When he was sent to St. Helena she was too ill in bed to accompany him, but she tried to sell all her trinkets, in order to give him help. When he died she received the news with bitter tears. She did not long survive him. At the age of forty-four, when her last moment came, she asked the servant to bring a mirror. She gazed into it with her dying eyes; and then, as she sank back, it was a smile of deep content.

"I am not afraid to die," she said. "I am still beautiful."

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CRITIC AND GUIDE

INCORPORATING

The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

1 Year, $2.00 Single Copy, 25c.

The Editor of this Journal writes his own editorials. He says what he wants to say in the way he wants to say it without reference as to what Mrs. Grundy will say or think.

The Editor is responsible for his own opinions only. He always tells the Truth or what he considers to be the Truth, but as he lays no claims to infallibility, he will be grateful to his readers if they will take the trouble to point out his errors.

It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, APRIL, 1920 No. 4

EDITORIALS AND EDITORIALETTES

IT BLIGHTS EVERYTHING IT TOUCHES

Yes, it blights and distorts and besmirches everything it touches. What does? Money—the need of money, the desire for money, the expectation of money. It is practically impossible to obtain an unbiased opinion on a subject from a man whose financial interests are connected with that subject. Consciously or unconsciously—mostly the latter— he will lie or exaggerate or at least overemphasize the good points and gloss over or conceal the bad points. Thousands of examples could be given from every domain of human activity. From the practice of medicine alone I could give hundreds of examples. I will mention only three or four, taking the latest advances in medical science.

ENDOCRINOLOGY

The knowledge of the ductless glands and their internal secretions has given us some extremely valuable weapons in our fight against disease. But take ten or a hundred or a thousand physicians and try to obtain from them a correct estimate of the status of the endocrine glands and their hormones as remedial agents. You will surely and positively fail. Those who have not used the glands and their secretions will of course not be able to give you any valuable information; their opinion will be of little value, because uninformed; but the opinion of those who use them frequently and abundantly will be of almost as little value, because it will be biased.

And why will it be biased? Because those who use the endocrine glands regularly are so to say endocrine "specialists"; they want to be known as such; they write articles on the subject; they want the general profession to understand that they possess special knowledge in the administration of

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these glands, knowing how to combine them, familiar with their indications and contra-indications; and it is to the interest of these specialists to overemphasize the good points and exaggerate the successes and minimize the failures of endocrine therapy. They need not necessarily be dishonest. But under our social system, there is an unconscious bias where one's economic interests are concerned which it is almost impossible to overcome, and which only very few, altruistically inclined, persons ever succeed in overcoming.

RADIUM

What I said about endocrinology applies with equal, if not greater force to radium. Radium is a powerful agent. About this there is no question. But where can you get a fair unbiased and correct statement as to its status as a therapeutic agent? Again the same story. The physician who has not used it can say nothing authoritative; the physician who is using it and getting rich in its use, **volens, nollens,** will give you an exaggerated idea of its therapeutic value.

In the articles that he contributes to the press he will emphasize his successes and he will conceal or slight over his failures, and it is only by painful and costly experimentation that the honest general practitioner or surgeon and the patient must discover the applicability or non-applicability, the usefulness or worthlessnes of radium in a given case.

PSYCHOANALYSIS

There is no question that in a selected and very limited class of cases this method of psychotherapy may accomplish results which are beyond the power of any other method of treatment. Unfortunately there is money in psychoanalysis and the result is that it has fallen into the hands of charlatans, medical and lay, and because of the ridiculous and exaggerated claims made for it, it is becoming altogether discredited. The few honest men who practice it are suffering for the misdeeds of the dishonest practitioners. The result is that only the unbiased, analytical student, of which class, alas, this world possesses but very few specimens, can get a fairly truthful idea of the value and limitations of psychoanalysis.

It is money that distorts and besmirches the method. Had there never been any money in psychoanalysis the status of the method would at the present time be under no doubt, and its practitioners would be under no cloud. But so it is with everything where profit is to be made in this profit-mad world.

I took endocrinology, radium, and psychoanalysis as salient examples. What I said about them is equally applicable to many other things in medicine. The same could be said about surgery in general, about electricity, about X-ray therapy, about drug therapy and drugless therapy, osteopathy,

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chiropractic, hydrotherapy, etc.; all of them methods of value but on account of the money part, all exaggerated, biased, perverted, distorted.

THE REMEDY

What is the remdy for this state of affairs? Is there a remedy? Yes, there is, but on advice of counsel I refuse to give the remedy. No; jokes aside, you know the remedy as well as I do, so what is the use of my giving it?

PROSTATITIS AND TIGHT BELTS

Prefacing his remarks by the statement that what he was about to say was probably of no importance and chiefly imagination on his part, a patient whom I was treating for prostatitis told me that he noticed that whenever he wore a belt instead of suspenders his prostate seemed to give him more trouble. The pain was more pronounced, the heavy dragging down sensation more distinct, etc. He was quite pleased when I told him that he needn't have apologized for his statement; that his experience was not unique, was not due to imagination, but that I found it to be a fact in a number of cases in my experience. I have not seen the statement made anywhere in literature and for that reason the fact is worth recording.

Tight belts, or any belts for that matter, should not be worn by people suffering with any form of prostatitis. I am not so sure that the wearing of tight belts may not be a factor in the causation of prostatitis. It would therefore be best to proscribe the wearing of narrow belts altogether. And what I said about prostatitis applies with equal, if not stronger force, to hemorrhoids. People with hemorrhoids in any form, external or internal, should never wear belts.

GARTERS AND COLLARS

And speaking of tight belts and prostatitis reminds me that there are other articles in the apparel of civilized (?) males and females which are no less injurious, in fact more injurious, than belts.

Take garters for instance.

No doubt hundreds of thousands of cases of varicose veins owe their origin to the usual garter; and the best are not any better in this respect than the worst. The veins in the lower extremities of the only animal that walks erect are very easily disturbed. The circulation in them is impeded with extreme facility and the garter, even if it does not feel tight, is sufficient to impede the circulation, to dilate the veins, and thus cause varicosities.

And I might say that rheumatic or gouty toes, as well as toes subject to chilblains, are very decidedly injured by the wearing of garters. Some substitute for garters to support

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the socks should be invented or socks should be so short as not to need any garters.

Now coming to the other end of the human animal I will say a word about the starched collar. Whoever invented it was a real fiend, a real enemy of the human race, and the expression so current in radical circles "a white collar slave" is true in both senses of the word. Of all the injurious articles of apparel, the starched collar is the most injurious, for it affects not only the physical health but it affects man's brain power. It interferes with the circulation of the blood in the brain and therefore interferes with clear and efficient thinking. In some people who felt dull, heavy and apathetic the cause was found to reside in the tight collar exclusively. A removal of the collar caused the condition to disappear. Of course some people are less injured by the collar than others; some never do any thinking and therefore it does not matter whether they wear a collar or not; but I believe that all are injured by it more or less.

The fact that most people do not complain of any injury by the collar does not mean anything. The Chinese women did not complain when their feet were cramped and distorted by shoes several sizes too small for them; nor does the civilized woman complain who laces herself in a corset so that she can hardly breathe. People can get used to lots of things and those who are slaves of fashion will put up with anything. But that is no proof that injurious things are not injurious.

I hope to see the day when the stiff starched collar, the tight belt, the corset, and the garter will cease to be articles of human apparel, but will become curiosities in our museums to remind us of our former savagery.

METOOITES

A CRITIC AND GUIDE subscriber suggests the use of the word **Metooite** for a reformer or radical who joins a cause after it has been won, after it has become thoroughly respectable, when it no longer requires any courage to profess adherence to it. It is a good word and I am glad to adopt it in my vocabulary.

There are many metooites in the world, in this country particularly. Every cause is full of them. How many people we have in the Birth Control Movement who wouldn't hear of lending their names to it while it was in its struggling infancy, but who began to raise their hands and shout "Me too" as soon as it became respectable and had won respectable sponsors! And in the woman suffrage movement many women—and men—who actually opposed and fought the movement, rushed to join it as soon as it began to be victorious; and some have the hardihood to claim that "me-too" supported it. Metooites everywhere.

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MODERATE MASTURBATION

He lived some four hundred miles from New York. He wired that he was coming to consult me and he arrived at the expected time. It took him a long time to tell me what his trouble was. He hesitated, he changed color, was about to start and then stopped again. If I had been a Father Confessor and he had come to confess a heinous sin he could not have been more hesitating. Finally he came out with the statement that he was a "victim of the masturbation habit."

"Are you sure you are a victim?" I asked him, for he did not look like a victim of anything. He was a fine strapping lad, nineteen years of age, with clear eyes, and splendidly developed. My question rather puzzled him. I asked him whether he had anything special to complain of, physically or mentally. No. He was in splendid health, had a good appetite, slept well, and was getting along very well in college. He was not striving for prizes, but got practically every one of them. Studying came very easy to him.

"If this is the case, why do you complain and why did you take this long trip to consult me?" The old story came out that he wasn't in the very least injured by his occasional indulgence in masturbation but the teachings of our pseudo-sexologists came into his hands and persuaded him that the habit was a pernicious, injurious one which might ruin him physically and mentally.

In answer to the question as to the frequency of his indulgence, he replied: once a week or once in ten days. When he was younger he indulged two or three times a week and he stated that the habit was not growing on him; on the contrary, that the intervals of his indulgence were getting greater. Under the circumstances, I told him not to bother, not to worry, but to go right ahead. He was very much surprised. It was so contrary to what he read and what he expected and I saw that he was not quite convinced. I then referred him to a number of writings by modern sexologists and told him to come around the following day. He did so and he said that he felt as if a great heavy burden had rolled off his shoulders. He saw that he wasn't being injured; but all the books that he read spoke of the terrible injury of that habit, and he feared that the injury might appear later on. He also stated that on several occasions when he tried to break himself of the habit altogether, he was feeling much worse, eating badly, sleeping poorly, and unable to study satisfactorily. He was now satisfied as to the non-injuriousness of the habit if indulged in in moderation. But the "immorality" of the thing still bothered him.

I went over the whole subject with him showing him that masturbation, being a physical act concerning only one person could not be moral or immoral; it was merely a question of

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whether it was injurious or not. Indulged in to excess, it, as all other things, was injurious; indulged in moderation and without fear as to its injuriousness, it was decidedly beneficial. It was not as beneficial in its effect as normal sexual relations, but as such relations under our present social system are out of the question, for many young men, moderate auto-erotism was the next best substitute.

It is only the ignorant or those who are themselves victims of excessive masturbation, or quacks who want to frighten the young people in order to get patients, or impotent theologians, who write about the immorality and the terrible injury of masturbation, no matter how moderately indulged in.

My would-be patient, who, as I told him, needed no treatment whatever, took the train back the same morning, a very much relieved young man. I told him that he could have saved himself the trouble and the expense of the trip if he had first written to me telling me what was the matter with him. I would have told him to stay home and forget all about it, referring him simply to some books that would have put the matter in the right light for him.

A STORY ABOUT THE FAILURE OF A PREVENCEPTIVE

A young man and a young lady (the lady not so very young) were living together in what is called free union. Naturally they did not want to have children, and they used prevenceptives. For a year or two everything went along smoothly. But it happened—the lady became pregnant. Evidently the alleged infallible prevenceptive had failed. For three months the lady did not tell her young man of her condition. Her excuse was she was not sure she was that way. She thought it was just a cold. The young man was highly disturbed, and began to look around for some doctor to bring about an abortion. Before he found one who was willing, the lady was in her fifth month. And when the definite appointment was made for the lady to go to the doctor's office, she got sick. And she was sick for two-three weeks. And then she was too weak to undergo the ordeal. And then she was too far gone for any doctor to be willing to undertake the operation. And then she said that rather than stand the disgrace of giving birth to an illegitimate baby, she would find a watery grave in the Hudson. What was the poor young man to do? He hated the idea of marrying the woman, but he could not see her disgraced, nor could he run the risk of being responsible for her taking her life. So, very much against his will, he married her.

But a few little things did not seem quite clear to him. He wasn't quite satisfied with her explanation of why she didn't tell him for three months that she was in the family

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way. And it seemed to him that she was anything but anxious to have an abortion brought about. Her illness, after he had found an accomodating doctor, did not seem to him quite genuine. Once he took her to task on the subject. And now, being his legal spouse, she confessed that her pregnancy wasn't due to the failure of the prevenceptive, but that **she deliberately did not use the prevenceptive.** She wanted to become pregnant, because she knew that that was the only way in which she could make him marry her.

And may I add here that this is a very, very frequent occurrence or trick on the part of woman, who wants to tie the man to herself by legal bonds. They do everything in their power to render the prevenceptive ineffective. And if it is the man who uses the prevenceptive and he is so cautious that no pregnancy can result thru his lapse, they will go so far as to have thmeselves impregnated by another man, laying the blame for it on the man whom they want as their victim or husband. And the poor man of course thinks that he **is** to blame. Yes, lots of beautiful things our social system is responsible for; and if I were to tell all I know I could a tale unfold, so long, and so variegated . . .

ORCHITIS AND MUMPS

Dr. G. MacLeod (British Med. Journal, No. 3075) analyzed 694 cases of mumps in adult males, ranging in age from 18 to 40, and 140 of them or a little over 20 per cent, of the cases developed orchitis as a complication.

Unquestionably, of the non-venereal diseases mumps is the greatest cause of male sterility. We must bear in mind that the orchitis may be so mild as not to be noticed by the patient at all. The mumps itself may have been so mild as to have almost escaped his notice or be completely forgotten by him and yet a permanent sterility may be the result.

PLACENTA AS A GALACTOGOGUE

As is well known, cows and many other animals devour their own after-birth whenever given a chance to do so. The reason for it is not clear but it is quite likely that there is some reason behind this blind instinct. It has been recently shown that either the hormone prepared from the placenta or dried placenta administered by mouth has an effect in stimulating the secretion of milk.

Dr. Bertha Van Hoosen (Ill. Med. Jour., Jan. 1920) has experimented with placental hormone, with the blood from the placenta, and with dry placenta, and her conclusions are that the placenta hormone is a powerful stimulant to the secretion of the breasts, but the effect is temporary and must be repeated at intervals to maintain its action. She says that the secretion of milk from the human female will be established

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on the first or at least the second day if the placenta hormone is administered in large doses, previous, to, or at the time of delivery. The placenta hormone will stimulate the secretion of milk at any time during lactation. In her opinion the dry placenta from the cow administered by mouth is the most satisfactory galactogogue that we possess.

POOR A. S. AND B. PILLS

The J. A. M. A. in its issue of January 31, 1920, attacks the A. S. and B. combination (pills of Aloin, Strychnine and Belladonna). It states that the combination is illogical. The ingredients cannot possibly act together because of the different speed and duration of the action of the three agents. Aloin is slow in action. Strychnine and atropine are, on the other hand, rapidly absorbed and rapidly excreted. By the time the aloin gets its action in, the alkaloids have long since left the system by excretion into the urine. So says the J. A. M. A. and it may all be true, but there are about one hundred thousand people or perhaps half a million, who are generally taking these pills, swear by them, say they act better on them than any other combination, and would resent it if forced to give them up. So what are we to do?

The J. A. M. A. says it is foolish and futile to manufacture and prescribe A. S. and B. pills. Its good effects, it says, are fictitious, but the people who take the pills are satisfied. They do not care for any theory. They say that all theoretical reasoning is foolish, futile and fictitious. They go by results and it is results that count in therapeutics. So I am afraid that manufacturers will continue to manufacture pills of Aloin, Strychnine and Belladonna; physicians will continue to prescribe them, and patients will continue to take them in spite of all scolding and derision on the part of our authorities.

COMPOUND CATHARTIC PILLS

The criticisms of therapeutic agents in the J. A. M. A. are sometimes far fetched; but with one of these criticisms I am fully in accord. I fully agree that the official calomel-containing compound cathartic pills are an abomination. Why they ever were made official I do not know. Many abominations are official at one time or another. The world will never know how many cases of calomel poisoning are due to the official C. C. pills.

As to the Vegetable Cathartic Pills or the so-called cathartic pills, improved, they are an improvement, not so much as to what they contain but what they do not contain. They do not contain calomel and gamboge and that is a great improvement.

I wonder if we will ever reach a stage when human be-

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ings will get along without cathartics, laxatixes or aperients of any sort. I am still an optimist and I believe we will.

STERILITY IN FRENCH WOMEN

There is a great increase of sterility in French women and according to Dr. R. Blondel, one of the principal causes of the sterility is the recent increase in the frequency of Basedow's disease, the thyroid being antagonistic to the uterus and hyperthyroidism leading to atrophy of the uterine muscle. The uterus becomes small and pyriform in shape. The remedy suggested by Dr. Blondel is the administration of raw thymus in the form of lamb's sweetbread, the thymus and the thyroid being antagonistic. In addition he also advises massage of the uterus and dilatation by tents, though we do not see that this local treatment could be of any value.

DIABETES AND WAR

Half a century ago during the siege of Paris it was noted that the incidence of and mortality from diabetes were diminished as a result of the blockade and the lessened amount of food. In an article in the Med. Klinik (Nov. 9, 1919), Dr. Magnus-Levy states that the number of deaths from diabetes during the years of the war was considerably less than during the years prior to the war. During the four years prior to the war the number of deaths from diabetes was 444. During the four years of the war the number fell to 202. The number of deaths from diabetic coma had considerably diminished. Acidosis was also less frequent but tuberculosis was decidedly more common.

Evidently the amount of food does play a definite role in the development and mortality of diabetes. Overeating is of course always bad but diabetes and obesity seem to be the only two diseases which are improved by a blockade.

THE TEACHING OF "SOCIAL" HYGIENE

I trust our readers will enjoy and profit by the paper by Mrs. de Ford in this issue of the CRITIC AND GUIDE. It is as good a paper as has ever been written on the subject, if not better. But I may permit myself one remark.

All those good men and women who entertain the hope that the teaching of sexual, misnamed Social, Hygiene, to the young will destroy, or allay, or dampen, or even sublimate the sex instinct are doomed to disappointment. It will do nothing of the kind. It would be a sad thing if it did. I am not even so sure that it may not, in certain cases, help to awaken the sex instinct where it would otherwise have remained dormant. It is a possibility which must not be overlooked. There is not the slightest doubt for instance, that in a number of cases the lurid picturing of the disastrous results of masturbation

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has led to the habit in both boys and girls who before had no idea what that habit meant.

THE HYPOCRISY OF "SOCIAL" HYGIENE

The name "Social Hygiene" is an excellent illustration of the hypocrisy which permeates every domain of our life. Why Social Hygiene? Why this senseless, meaningless term? Why are other countries not afraid of using the correct term, namely Venereal or Sexual Hygiene? Even in England the recently organized Society bears the frank and open name "The Society for the Prevention of Venereal Disease." But we are so afraid of calling a thing by the right name that we must cover up and camouflage everything. And the Society whose object it is to teach right sex living and the prevention of syphilis and gonorrhea is given the vapid title "The American Social Hygiene Association."

THE NUMBER OF ABORTIONS IN THE UNITED STATES

I trust that none of our readers has failed to read the article on abortion in the United States in the March issue of the CRITIC AND GUIDE.

The author of the article very conservatively arrives at the number of 550,000 abortions per annum in our country. About ten years ago at a public discussion presided over by Rev. John Haynes Holmes and participated in by Dr. Woods Hutchinson, Upton Sinclair, etc., I gave the figure which I arrived at from various sources as **one million** per annum. Of course to some people this seems an exorbitant figure. I maintain that this figure is very conservative and rather understates than overstates the true condition of affairs.

VENEREAL PROPHYLAXIS AGAIN AND AGAIN

I consider the subject of Venereal Prophylaxis with the eventual elimination of venereal disease from the ills which curse the human race of such importance that I offer no apology for referring to it again and again.

England was the last among civilized countries to take up the subject but it has made rapid strides and it is way ahead of the United States in this respect. The recently organized Society for the Prevention of Venereal Disease is doing good work and is not limiting itself merely to the preaching of chastity, though as a sop for public opinion it has been obliged to include that recommendation in its program. The last meeting of the Society was held at the **Mansion House,** London, **with the Lord Mayor presiding.** Just imagine an American Society for the Prevention of Venereal Disease advocating individual venereal prophylaxis, meeting in City Hall with Mayor Hylan presiding!

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The speakers were not some obscure old maids of both sexes but included the following important personages:

Lord Willoughby de Broke, Sir James Crichton-Browne, Sir Arthur Sloggett, Sir Archdall Reid, Sir E. Ray Lankester, and Dr. Mearns Fraser. Among those on the platform were Sir Humphrey Rolleston, Sir Frederick Mott, Sir Bryan Donkin, Sir D'Arcy Power, Sir John MacAllister, Dr. R. A. Lyster, and Dr. A. J. Harries. The following resolution was carried unanimously: "It is obvious that the best way of avoiding venereal disease is to abstain from promiscuous sexual intercourse. It is, however, certain that a large number of persons continue, in spite of moral teaching, to expose themselves to risk and so to incur and spread disease amongst the community, the chief sufferers being women and children. Venereal disease has become a menace to national health and prosperity, and in view of the proved fact that infection can be prevented by means of self-disinfection, if properly applied, immediately after exposure to risk, it is necessary to instruct the public as to (a) the vital importance of self-disinfection at the time of exposure to risk as a preventive of venereal disease, and (b) the methods of application."

When will our Society of Social Hygiene get the courage and good sense openly to advocate venereal prophylaxis?

ONE DISEASE CURED BY ANOTHER

In former days the belief used to be quite current that many a disease was cured or could be cured by the spontaneous or artificial appearance of another disease. In other words, the antagonism of certain diseases was strongly believed in. Nowadays we are more skeptical about the matter and still, now and then, cases occur which seem to prove that there was something in the old belief.

Two particularly interesting cases are reported by Dr. H. Damaye in the Progrés Médical for December 13th. They were cases of psychosis of the dementia precox type. In one case the disease had lasted eighteen months and in the other, seven. The first patient got an attack of influenza, the second an attack of infectious sore throat, and in both cases the mental condition became completely normal. The ages of the two men were twenty and twenty-three respectively. Whether the normal condition will remain permanent remains to be seen.

CURABILITY OF SYPHILIS

It is not so many years ago that almost every physician believed in the dictum, "Once a syphilitic, always a syphilitic." Dr. J. F. Schamberg (J. A. M. A., Sept. 13, 1919) declares that we are in a position at the present day, with more powerful and scientific drugs at our command, to state that syphilis is

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a curable disease. There is every reason to believe that many patients treated intensively in the early primary stage are cured, for they remained free of symptoms for years and repeatedly had negative blood tests. In the following case, in which treatment was given after the secondary symptoms had developed, a definite cure took place.

The patient, a man aged 23, contracted syphilis in June, 1917. During a drunken orgy, he and two companions cohabited with the same woman and all three became infected. The patient, with a suspected chancre of the meatus, was first seen June 21, 1917. July 2, a macular eruption appeared. An intravenous injection of neo-arsphenamin was given, and also some mercury by mouth. August 14th, he presented himself with headaches, inequality of the pupils and exaggerated patellar reflexes. Wassermann positive. A second dose of neo-arsphenamin was given. He came under the writer's care September 9, 1917. Three days later, the Wassermann reaction was 4 plus; with alcoholic extract of syphilitic liver 4 plus; and with acetone insoluble lipoids 4 plus. Between September 22nd and November 15th, 1917, he received eight intravenous injections of the arsenobenzol brand of arsphenamin, the Wassermann reaction becoming negative after the first injection, but relapsing to a weak positive on several subsequent occasions. He was drafted into the army, and while at two camps, because of a deep scar on the glans penis, had a blood test taken monthly for nine months. All of these tests proved negative.

After his discharge from the Army, in the early part of 1919, he contracted another chancre, followed by a widespread and severe papulopustular syphilid, and had a strong Wassermann reaction.

[Reinfection with syphilis is proof that the disease had been completely cured, as nobody can contract syphilis while he still has the disease.]

EFFECT OF CONSUMPTION ON SEXUAL FUNCTIONS

Dr. T. B. Curling ("Diseases of the Testis") calls attention to the prevailing error respecting the effects of chronic constitutional diseases in impairing the functions of the testicles. Thus, consumptive individuals are supposed to be more than ordinarily addicted to sexual pleasure, and it has been stated that they have retained the power and propensity to gratify it up to the very day of death. By careful inquiries in reference to this point it was shown in every instance that the tendency to sexual intercourse declined with the increase of general weakness and other symptoms, almost exactly as in individuals laboring under any other affection.

The examination of the testicles of many persons who

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had died of pulmonary consumption showed that they were all below the average weight and the size of those of healthy adults. Moreover, in the testicles taken from the bodies of phthisical patients, no spermatozoa could be detected in the fluid obtained from the substance of the gland and epididymis. The testicles of persons who die of chronic lingering diseases are almost invariably soft and inelastic.

PREMATURE SENILITY FROM PROSTATECOMY

Dr. Marx (Paris Med., 1912) states that many men are made prematurely old by prostatectomy. Hyperthrophy weakens erectile power and ejaculation, besides its well-known dangers. Both the soft and hard forms are amenable to prophylactic measures.

The soft hypertrophy should be treated by bleeding, hot sitz baths, the use of suppositories of adrenalin, hamamelis and cocaine, gentle cholagogues, milk and vegetable diet, and absence of constriction about the waist. The hard prostatic tumor is benefited by similar treatment. Frequent saline enemata and suppositories containing mercury and ichthyol are very beneficial, also iodides internally. Walking is to be advised and moderation in sexual intercourse. Spiced foods and drinks should be excluded from the dietary.

To avoid the catheter life, patients with enlarged prostates should urinate three or four times daily while on all fours. This procedure completely empties the bladder.

"PARANOIA OF GOVERNESSES"

The existence of a certain paranoic constitution in paranoic subjects seems to be out of the question, but there are often contributing causes which give the delusions their particular color. Among such conditions those of a social and professional character play an important role.

Among teachers and governesses, systematized delusions displaying certain traits have been described by French ("Delire de Gouvernantes") and German observers ("Gouvernanten Wahnsinn"). Among the principal etiological factors of this form of parnaoia must be mentioned repeated slights and want of attention which is accentuated by the knowledge of actual intellectual superiority. In many cases the chief etiological factor is erotic in character. Constrained by their position to an enforced celibacy, but moving in a social environment superior to their own, these individuals are sometimes exposed to the desires and the homage of pupils and patrons of the highest rank. The romances they weave, their dreams of love and marriage are only imaginative in origin, and of necessity frustrated. Hence vexations, heartaches, disappointments, regrets.

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Their superior attainments give them an exaggerated opinion of themselves, which forms the basis for the development of expansive delusions. Such persons are in awkward position—neither mistress nor domestic. They are exposed to continual affronts. From vexations of all kinds they feel an irritation which excites and reinforces feelings of hostility and nourishes ideas of persecution.

ANXIETY NEUROSES IN SEXUAL IMPOTENCE

Dr. P. R. Lehrman (N. Y. M. J., July 26, 1919) notes that the patients who are most deteriorated mentally disclose more easily the psychic contents of their ideas—the subconscious has no censor. That patients with dementia precox have but a limited variety of delusions is not strange, for human instincts are few in number. However, some cases are not so simple, and the symptoms need closer study, as in the following case, that of a commercial traveler, aged 54, admitted on May 3, 1919. He stated that in August 1918 he became forgetful and was much worried thereby. Then an inordinate appetite developed. His jaws began to snap, his toes would flex tightly and he perspired profusely. At one time he had syphilis and he believed that this was the cause of his trouble. Four intraspinous injections were given without effect. He entered the hospital as a voluntary patient.

At the hospital he reiterated the same complaints: he had had syphilis; had no smell or taste; felt impelled to swallow his food as soon as it entered his mouth; showed a ravenous appetite.

He was agitated, appeared anxious, gave his complaints in a circumstantial way and could not be reassured. Physically he showed no sign of cerebro-spinal syphilis, and his blood Wassermann was doubtful (one plus). He left the hospital two weeks later.

His history was interesting: masturbated since 12 years old and continued the practice through his married life, at times preferring masturbation to intercourse. In August 1918 he suddenly found himself impotent and simultaneously the above mentioned symptoms developed. He never told a physician about his impotence, for, he said, it did not bother him any and he did not care if he ever got an erection. However, he admitted masturbating twice since last August.

The writer declares that this is a typical anxiety neurosis occurring in a man who finds himself impotent. Although he states that this troubled him least, subconsciously there is great fear, and a compensation reaction sets in. Freud says: "There are men who show a climacterium like women and merge into an anxiety neurosis at the time when their potency diminishes and their libido increases."

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This patient belongs in this group. His free floating anxiety attaches itself to anything tangible; in his case it happens to be syphilis. Fear of losing his manhood converts itself into fear that there is something wrong with his digestive tract, for he eats too much. It is a compensation for his impotence. The libido is there, but he has no power to execute it. He reverts to an infantile erogenous zone—the mouth—and exaggerates its function. Similarly his loss of smell and taste, etc., is also a conversion of his impotency, for on examination nothing wrong was found. Paresthesias are a common occurrence in patients with anxiety.

"DON'T SPEAK ENGLISH"

It is superfluous for me to state—for almost everybody knows it—that I have the utmost contempt for the chauvinist—to whatever nation he may belong—who looks down upon the foreigner as at an inferior human being. It is very often the foreigner, though his clothes may be outlandish, his haircut different and his pronunciation bizarre, who is the superior being. But I can not conceal the fact that I despise the foreigner who after living several years in a country does not speak the language of the country and makes no attempt to learn it. Of course if the man is of such a low intellectual level that he is **unable** to learn the language, there is nothing to be said: We can only pity him! But this is not the type I have in mind. I am speaking of the man who is fairly intelligent, who can write and read in his own language and who yet makes no attempt to acquire a knowledge of the language of his adoptive country. I fear that the foreign language newspapers are somewhat responsible for this state of affairs. Of course it is to their advantage that the foreigner limit his reading to his own language; as soon as he has acquired English he is apt to become a reader of the English newspapers.

I have had a patient in my office this morning. Nine years in this country, and hardly half a dozen English words. And the man is fairly intelligent, and a foreign newspaper protrudes from his pocket. I took him to task for his ignorance. I often give my patients a piece of my mind even on subjects not connected with their health. I told him it was a disgrace for a man to live nearly ten years in a country without knowing its language. His excuse was that he always lived and worked among his own people. I told him that that was a flimsy excuse. It is the first duty of every man, woman and child to acquire the language of the country in which they intend to reside more or less permanently. And if the foreign language newspapers did their full duty by their readers they would urge them frequently to that effect. Far be it from me to suggest that foreigners on arriving here ne-

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glect their own language. That would be a thousand pities. English literature does not possess the richness, the beauty, the grandeur and the variety that are to be found in the literatures of Germany, Russia and even France. One of Tolstoy's novels, for instance, is worth more than all the American novels that have been written put together. But one can cultivate his own language without neglecting entirely the language of the country of which he intends to become a citizen. I know that if I were exiled to or went to live in China, Korea, Japan, Arabia, the South Sea Islands, Kamtchatka or Central Africa, I would begin to study the language before I had been three hours in the country.

WOMAN SUFFRAGE

Of course women should have the vote. That goes without saying. It is not a matter for discussion. It is just as right to deprive women of the vote as it would be to deprive red-haired people or people below five feet in height or people weighing under 150 pounds, etc. There are certain abstract principles of right which admit of no discussion.

But as to the practical good that woman suffrage would accomplish, about this, I have never had any illusions. Years ago when woman suffrage was not as near realization as it is now, I said the same thing. By all means give the women the vote; they have as much right to it as the men have, and it is an outrage to deprive them of their vote simply on account of their sex. But if you have any hope that giving them the vote would make the slightest difference in our political or social system you are mistaken. All it will do will be to double the vote. We have now one thousand intelligent votes to a million stupid, ignorant and vicious votes. After all women vote we will have two thousand intelligent votes to two million stupid, ignorant and vicious votes. And now that in some States we have had woman suffrage in operation for some time the correctness of my prediction has been fully vindicated.

The cost of elections has been increased but we have not had any more intelligent, any more advanced and humanitarian legislation than we had before. The two ladies, for instance, in the New York Assembly, followed blindly the behest of that corrupt politician Sweet, the same as the other political heelers did. Even the hope that with women voting war would be less of a probability is bound to be shattered to bits; for women can be upset emotionally much more easily than men, and they can become as vicious, as "patriotic," as blood-thirsty as the most cruel of male militarists ever were. No, the hope of the world does not lie in woman suffrage: it lies elsewhere. But women should have the vote nevertheless, because they are entitled to it.

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ORIGINAL ARTICLES

For The Critic and Guide.

SOCIAL HYGIENE FOR ADOLESCENTS

By Miriam Allen de Ford

The mind of the child is pre-eminently a direct one; and inasmuch as the spoken word is more direct than the written, it is also more efficacious in dealing with the young. It is a thousand times more effective and practical to convey a given truth to an adolescent mind by individual, personal conversation, than by putting in the child's hands the most excellent essay or pamphlet in the world on that same subject. There is a place for the written word in the instruction of youth, but it is to supplement a knowledge already gained by direct contact, and this is a truth which is coloring all current pedagogical theory.

In the treatment of social questions this is peculiarly true. Now, the acquisition of that knowledge concerning the life-force, its manifestations, particularly in youth, and the far-reaching consequences of those manifestations, which we call **Social Hygiene**, is an undertaking of prime necessity for the individual adolescent, and, even more, of supreme responsibility for the person who first opens the eyes of another human being to the existence and nature of this mighty power within him, of which (largely in proportion to the earnestness and truth of his teaching) he may become either slave or master.

For these reasons, it seems best to me to direct a treatise on the subject of Social Hygiene, not to the pupil, but to the instructor, and to embody in it the salient facts to be dealt with, and the manner of their treatment, with a word first as to the person, in relation to the child, best equipped to impart such knowledge to him.

* * *

It may be doubted, to begin with, whether any boy or girl nowadays reaches the age of twelve without some, however false and mistaken, ideas on sexual questions. Certainly no city child can escape the constant suggestion of his sex-obsessed environment; and I might almost say that no child can have spent approximately six years in any school of which I have knowledge, without having had presented to him some of the scourings and filth of back-yard information on the subject. For this reason, the task of teaching Social Hygiene to adolescents must be destructive as well as constructive: it must remove unhealthy ideas before attempting to put healthy ones in their place.

Who Shall Teach Social Hygiene to the Adolescent?

This indubitable if mournful fact makes all the more urgent the choice of the instructor. At present, the general

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policy is to pass on the unwelcome burden from home to school to church and back again, until the child is lost in the muddle and falls into the abyss of precocious perversity. If, as would probably be the natural method, instruction in sex hygiene started almost with infancy, there would be no question but that the task of instruction should be laid on the parents, and our entire effort and aim would then be to give these the scientific background which to-day they usually sadly lack, so as properly to present the subject to their children.

But presupposing as our plastic medium an adolescent of twelve to sixteen who has never been adequately taught sex truths, the school-teacher seems the better instructor. The approach of adolescense puts a barrier of shyness between parent and child that it is almost impossible to break, and the boy or girl of twelve will pour out confidence and confession to a total stranger rather than to the father or mother.

Unfortunately, our teachers are for the most part celibates, entirely unfitted by experience, and often by temperament, to understand or sympathize with the things with which they would deal. In like manner, the church of today is so largely alienated from the daily life of its members that the average clergyman would find himself paralyzed at the mere suggestion of teaching sex hygiene to his young parishioners; besides which, girls should if possible be taught by women, as boys by men. Out of this quandary there seems no release except the education of somebody—preferably the teacher, failing him the parents, and failing these the minister or physician—to the sympathy, comprehension and voluminous scientific knowledge necessary to teach Social Hygiene properly to an inquiring young mind.

METHODS OF TEACHING

Granting, however, the acquisition of this **sine qua non,** the adequate instructor, the most important question that confronts him—more pressing even than the selection of phases of the problem to be taught—is the choice of method in teaching the subject.

Ideally, of course, every question of the child in this as in other departments of life should be answered, accurately and fully, when asked. Obviously a boy or girl of twelve to sixteen has already asked many thousands of questions relating to sex hygiene that have either been ignored or answered falsely. Nevertheless, as far as possible the method used should be that of the "quiz compends," of question and answer, the pupil being encouraged to inquire for himself, to think out solutions, to follow analogies. In this way the vital necessity will be provided for.

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For it must never be forgotten that all adolescents of twelve to sixteen are not alike. There are twelve-year-olds who are grown men and women; there are—even today in our cities—sixteen-year-olds who are immature children. Which is more disastrous, it would be hard to say—to offer to the precociously developed matter so old to them that they repudiate with scorn the whole teaching, or to bewilder the entirely unawakened with thoughts for which they are mentally as yet unprepared.

With due respect for this ever-present question of the individual personality and mentality, undoubtedly the best way to open the whole question of sex is by analogy of human characteristics with those of non-human creation. I do not myself consider that the time-honored system of beginning with the flowers and progressing to the mammals is the correct one to be pursued here. The reproductive method of plant life is too unlike animal reproduction to have any real connection to the literal mind of youth, and the average child will see very little relation between pistils and stamens and cross-fertilization by insects, and his own budding passions and curiosity.

In my experience the wisest starting point is the familiar and accustomed hen. From the egg which the bird lays, it is easy to bridge the way to the egg fertilized within the mother instead of hatched outside her, and then to explain the gradual growth of the unborn child from the simple cell to the perfect human being.

I do not feel that there is anything retrogressive in thus teaching the results of reproduction before dwelling on the manifestations of the reproductive instinct. As an instance of the mental adaptation of the child in this particular, I myself remember, at the age of eleven or so, carefully explaining to my sister all my new-found knowledge on the development and birth of children; but when she asked me, "But how does the baby get there?" I was obliged to say, "That's the one thing I haven't found out yet." And so it remained for a long time without the slightest further curiosity on my part, until advancing adolescence brought new experience with it. The first question children ask is invariably, "Where do babies come from?"; and that is the question which should first be answered.

WHAT SHOULD BE TAUGHT

We come now to the most delicate of the problems of the instructor in Social Hygiene: The selection of the specific information to be given to the untaught adolescent. If we apply one short rule to this selection, the task will be enormously simplified. That rule is: **Teach only what is necessary, what is simple, and what is healthy.**

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Immediately an entire list of sexual topics is excluded. It is not only unnecessary, for example, but it is positively pernicious, to teach children of twelve to sixteen anything whatsoever of sexual pathology. The entire domain of perversion is for the trained specialist, not even for the mature layman, and certainly not for the neophyte.

And I am not sure also but that, in spite of the ever present danger from commercialized vice, it would not be better to touch on the profound evil of prostitution only sufficiently to safeguard the growing girl, and to enlist the cooperation of both boy and girl, when they shall have come to maturity, in the campaign to abolish this cancer of civilization. It is almost impossible, unfortunately, for a city child not to have seen something of this institution; and no human being can get a complete social concept without the knowledge that under our present system some women sell the use of their bodies for material support, but that bare statement, softened as you please, is all that it is really necessary for any youth to know. In fact, there are often weeds to be pulled up before healthy plants can be sown, for unfortunately a young girl of fifteen or sixteen in any of our large cities today is likely to be as completely informed on commercialized prostitution in its more lurid aspects as any special investigator of the social evil. We must not forget that a girl who has been properly grounded in sexual instruction and has a healthful home environment and adequate economic support is no more apt to become a prey to panders than a boy in similar circumstances is likely to swell the ranks of the prostitute's patrons.

I shall speak a little later of the extent to which it is necessary that instruction be given as to venereal disease.

Having said what need not be taught, let us now consider which phases of the great question of Social Hygiene are, in accordance with our rule, necessary, simple, and healthy.

I have already treated of the teaching of the process of generation after conception. That fact being established, the instructor should go back, as it were, and teach, simply and clearly, the anatomy and function of the reproductive organs in male and female. He should explain that these are at first immature, as all our organs are, and that at the age of his pupils have reached, they begin to mature, so that the boy or girl becomes capable of parenthood. Girl pupils should be taught also the meaning of the hygiene of menstruation, and boys the normality of nocturnal emissions, and the danger that lies in listening to the medical quacks who prey upon the ignorance of boys in this regard, and lie in wait for inexperienced and frightened adolescents.

Parenthetically, let me say that I am assuming that boys and girls are to be taught separately, a point which I con-

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sider absolutely necessary: in fact, where a child has any character or individuality whatever, it may do a great deal more harm than good to teach it Social Hygiene by the class method: individual instruction is almost imperative in this most personal and delicate of studies.

To continue, the teaching given should be both positive and negative, even though chiefly the former. The instructor fails in his duty who does not guard his pupils against the dangers which peculiarly confront them, and insofar he must be negative in his teaching. It is not necessary for him to emphasize the varieties and symptoms of venereal disease, for instance, but he should certainly tell of its existence, and that it arises from excessive sexual indulgence and low sexual association: and decidedly he should warn his pupils (tho by no means in the exaggerated and ridiculous terms of past fakery) of the destructive effects of "self-abuse." The objection has been made, that this very teaching may suggest to the pupil a habit which never before occurred to his mind, but I am skeptical as to the existence of much ignorance of this vice among our precocious youth; and moreover this objection is itself another telling argument for individual instruction, wherein it is easy for the psychologically trained instructor to discover whether or not his pupil is in need of that particular admonition.

However, the climax and crux of all teaching of Social Hygiene must be insistence on the personal sexual ideal. With Heinrich, in Hauptmann's "Sunken Bell," we must cry, "Open the windows! Let the light stream in!" But our duty goes even beyond this. No amount of impersonal and materialistic biology, anatomy and sociology will satisfy the profound interest of the adolescent in the new feelings arising within him and the new world opened to him by them. The instructor who teaches the physiological and economic aspects of sex, and neglects to lay greatest stress on its basic moral influence on the individual, leaves his unfortunate pupils in a far worse state than if they had learned nothing whatever of the subject.

SOCIAL HYGIENE PROPER: OR THE TEACHING OF THE SEXUAL IDEAL

The child must be taught that there is nothing inherently unholy in the new desires and emotions which are coming to him; that on the contrary they are so sacred that they should be conserved for a high purpose, and not scattered at "the expense of spirit in a waste of shame." He has a right to know that a healthy human being who leads a normal and natural life does not suffer by reason of sexual continence,* especially in youth, and that this is as true of the man as of the woman.

He should be taught also of what this normal and natural

*Doesn't he?—Editor.

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life consists: should know the efficacy of work, exercise, simple food, fresh air, cold baths, and outdoor sleeping; and the pitfalls that lie in stimulants, oversleeping, hot bathing, idleness, constricting clothes, and in reading pornographic (which does not mean honest) books, listening to loose conversation and smutty stories, and witnessing demoralizing plays and moving picture performances.

But all of this too is of no avail if it be taught crudely, as a mere prescription, as it were, to lessen sexual desire. Back of all these material means to achieve a spiritual end, there should be taught some realization of the impelling purpose—some high ideal which makes this method of living natural and necessary,—not something put on as an artificial Stoicism, which will fall at the first strong temptation. The adolescent should learn that the world has no place for a human being who is good merely because he never had a chance to be bad.

And need I add that youth learns more from example than precept, and that the instructor must be able to stand the searching test of a child's straightforward judgment as to his personal practice of the things he preaches?

I do not care what social-sexual ideal is taught to youth, whether it is a rigid monogamy or any other arbitrary system, —so long as included in it are two cardinal principles: the devotion of the sexual life of the individual to the high ends of material reproduction or spiritual development, and to these only; and an uncompromising insistence on physical and mental **association** in sex.

Teach the adolescent that when lust is separated from love, or desire from sentiment, it becomes a destructive and evil force:—and you will have gone far toward solving all the sexual problems of the ages, from unhappy marriage to prostitution. As sex is taught—or picked up—today, boys for the most part learn desire dissociated from sentiment, and girls, sentiment dissociated from desire; and one ordinary consequence of this is that a man satiated too young with the vilest things of the flesh finds his wife in a woman infected with a false and unwholesome ascetic ideal,—with the natural climax in the divorce courts. Boys and girls alike must be taught to **conserve** this mighty force within them, never to dissociate it from those of its characteristics which differentiate them from the beasts, and yet never to forget that while their eyes are on the stars their feet are on solid earth, and that no love between man and woman can be permanent which has not a sure root in healthy animal attraction.

The man or woman who can impart to adolescents this ideal, and inspire them to struggle, thru all the trials and temptations of puberty, for its attainment, has learned in essence the secret of the right and effective teaching of Social Hygiene.

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For The Critic and Guide

THE PLACE FOR A CHILD

By L. E. Eubanks

City life is like the use of tobacco in that it hurts all its victims but hurts the youngsters the worst. It is a constant trait of the average mind to gauge the effect of any injurious influences by its immediate fatalities. Instantaneous effects can not well be doubted, but we try to explain the more insidious harm, and ascribe it to causes other than the one we wish to defend. When a man drops dead of heart trouble in a city crowd and the doctor says that the struggle and excitement caused it, we have to admit that city jams are a serious thing; but if the same man dies slowly from the combined influences of the unnatural city life, we say that he was weakly anyway, of delicate parentage, etc. If a child is run over by a motorcycle policeman or dies of fever from congested tenement life, the part played by city conditions can hardly be glossed over; but if the little one barely lives, tho he shows plainly to every informed observer the effects of unhealthful environment, many parents deny or ignore the facts, and say "Johnny will be stronger next year, he is growing too fast," etc.

A man and wife of 30 and 28, respectively, country-bred, strong and vigorous, move to a big city, taking their son of six, a bright robust youngster who has never known any place but the country. Those parents, unless they are exceptionally informed, are in no position to judge the effect of their move on the child. Someone has said that if city building were left to the children there would be no cities, and this is probably true, for two reasons: The children are made miserable by confinement and restrictions, and secondly, it takes the strength and manhood of the rural districts to make a city —if all children were born and reared in large cities the city would peter out, possibly the whole race. Is this an extreme view? Perhaps, but more nearly correct than many unthinking people believe.

Our hypothetical parents of 30 and 28 are in their prime, young enough to be well and strong, yet old enough to have forgotten much of the physical conditions surrounding their childhood. If wholly without knowledge of the city's effect on children, they are not wholly blamable. But parental interest should be quick to detect changes in the little one and determined in finding the cause.

Successfully to manage children in the city requires considerably more knowledge of childhood, application, and patience than such work in the country. A youngster on a farm has the whole outdoors for a playground and an endless variety of amusements. Outdoor life, abundant good fresh food, and contentment keep up his health; and contented, healthy

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children require the minimum of attention. Fortunate is the child who can spend the first twelve or fourteen years of life on a farm. From a good many viewpoints, it is the royal life for any one, but it is doubly desirable for children.

Referring again to the country child who is brought to the city, he faces the necessity for a readjustment of life that even adults find difficult. I shall never forget my own experience; at twelve I was taken from a little country town where I knew " every kid in town," every cowpath in the woods, every bend in the creek, and asked to live for three weeks in two little rooms at the top of an apartment house in the city of Denver. Play! The bare suggestion made people smile. A yard was unknown in that vicinity. There wasn't a strip of green grass or a tree in sight. I couldn't "start anything" on the street, because of the traffic. I couldn't even play in the halls, because it was against the rules. In fact, I was supposed by the landlady to make a special effort at good behavior because of her concession to "let one child in the house." It was strictly against her rules. O, how I longed for my dog and the air gun, for the fishing-pole and the delightful rambles on the creek! I am now comparatively old, dear old Ted has long since departed, and my fishing pal is far away, but, friends, I can honestly say that I have rarely known more poignant grief, seldom experienced more hopeless depression in my whole life than during that three weeks' "jail sentence." There was just one good thing about it, I learned to appreciate my home and life in the village, with the chances to get out into the country as I never had before. When I returned I was ready to "sign up for life" with the big outdoors.

Well then, some might say, it is better for children who must live in cities to be born there, so they will from the first be used to the restrictions. It is a debatable point; but I think every year that the child is kept in the country makes him that much more able to stand the change when it comes —if it has to come. His mental anguish will be greater at the contrast than that of the city born kiddie who longs for something he has never known and but vaguely appreciates, but this will be more than balanced by superior bodily vigor.

The city child has habituation, but that is all. In the very process of acquiring adjustment to his lot he becomes a more or less unnatural child. Precocity, nervousness and morbidity seem to be awaiting the average city child when he leaves the cradle. At ten years he usually seems much older: he is all brains and sensations, lives too fast—just as do his elders in the same environment.

It is possible to raise healthy, happy normal children in the city, and of course some loving, thoughtful parents do it; but such results would be even greater in the country, and,

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let me repeat, far more easily achieved. A child is a young animal, just like a puppy or kitten in the desire for constant activity and fun. To choke this instinct in a youngster is to stamp premature age upon him, mental and physical. We must bear in mind that play is more than "body medicine"; the healthy fatigue and expenditure of surplus nervous energy that it involves insure sound sleep and mental placidity, guards against too much and unnatural thought. That is the great danger threateneng every city child, under-play and over-thought.

Apartment house life, in the typical large city, is a terrible menace to normal childhood—just how terrible only investigators know. There is no real play, often not even a pretense of it. Beyond a thin wall exists (not lives) another family that may be disturbed by your child's noise. In many houses, children are unqualifiedly barred, and there are so many in the places that do admit them that the little folks fall out among themselves and cause trouble. Their field of action is too small; with no neighboring woods to ramble in, no puppy nor colt to turn to for an hour, not even a yard, two neighboring children will stay together too closely, quarrel, involve their parents, bring the house management down on them, etc. Then the discouraged mother, in a temper, whips the child. What for? For obeying Nature's laws. Why not whip him for getting hungry? Who is responsible for his existence, and who should have provided a place for his happy normal growth and development? Answer these questions before you lose patience with the little city child.

Progressive cities now offer children big opportunities for play and exercise in the parks and playgrounds. And the youngsters are more than willing to avail themselves of these provisions, if parents only do their part and arrange for play periods. One of the most successful mothers I have known gave two afternoons a week all through the summer to her little boy and his outdoor fun. Every Tuesday and Friday she went to the beach, took her sewing, and kept an eye on little Bobbie while he gamboled in a bathing-suit. This winter she intends to let him skate at the rink and join a gymnasium.

Of course, most of the child's recreations in the city will have an artificial cast, the whole existence has. The thing to do, when parents possibly can, is to give their children the joys and benefits of country life; but substitution, in this case, is assuredly better than resignation.

MALE CHASTITY

It is said that the man of thirty-five who brags that his will-power is so strong that he has never had relations with any woman, is not bragging of the strength of his will-power, but rather boasting of the weakness of his sexual powers.

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MEDICINE and THERAPEUTICS

THE CAUSE OF BALDNESS AND ITS CURE

The reason why baldness or premature thinning of the hair of the head is so common is because the hair is one of the disappearing structures, like the appendix and the wisdom tooth, and is consequently more vulnerable to attacks of bacteria. Much of the baldness or thinning of the hair is accelerated by a microbe which is at work in the hair follicles. These hair follicles are usually well developed in the early years of life, but have a tendency to show the characteristics of other rudimentary structures in their lack of resistance under conditions of civilized life. Baldness can be controlled very frequently by the use of antiseptics, sun light and by massage which whips up the hair follicles into a certain degree of active resistance. More and more attention will have to be given toward preserving the hair if in centuries to come we believe it to be a desirable feature. The most highly developed men, physically, have a tendency to be the most hirsute, but as the sexes approach each other in type we may have almost a reversal of the tendency.—Robert T. Morris: "Microbes and Men."

A CASE OF EPILEPSY DUE TO LOCAL INFECTION. OPERATION. RECOVERY.

Dr. J. C. Keeler (The Laryngoscope, Aug., 1919) reports the case of a soldier with "fits," aged 34, who was admitted to the Neurological Ward of the U. S. General Hospital, where the officer in charge diagnosed the case as one of "idiopathic epilepsy." It soon became apparent that his hearing was impaired, having only about one-third the normal power in the left ear. His gait was staggering; he had attacks of dizziness so great that he would fall if not supported.

Immediately preceding a convulsion, he experienced queer feelings in his head and he observed that after a convulsion there was a thick light-colored, offensive discharge from the nose, which seemed to relieve the head symptoms. Examination revealed a few drops of pus over the left inferior turbinate. If this were wiped away with a cotton-tipped applicator, a drop would soon reappear. Transillumination showed a dark shadow of the left superior maxillary sinus, and X-Rays confirmed the diagnosis of empyema of the antrum. A trocar was introduced and a dark-green foul-smelling pus was removed. Irrigation was continued daily for two weeks and the return flow became clear. Irrigation was discontinued for a few days when he again became dizzy and was apprehensive of another convulsion. He was operated on and his recovery

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was so rapid and complete that five weeks later he was en route to France to join his company.

THE CAUSE OF DISEASE

For a thousand generations disease was accredited to unknown evil influences. Superstition's vague, weird, fearsome answers were the only reply to the question, "Whence comes disease?" Superstition still answers this question for tribes and communities and a multitude of individuals. "Providential" is the answer of many whom we daily meet, an answer which has remained as a wedge unhappily separating science and religion. An honest, reasonable weighing of this matter will soon relieve Providence of the onus of the ills of the flesh, and will convincingly demonstrate that our physical selves are as subject to divine interference and divine indifference as the grass of the fields, the trees in the forests, or the fish of the sea; that body of man and body of beast are equally subject to the destroying forces of Nature and to her protective laws.

And the greatest of these laws is Nature's eternal truthfulness. In this Nature expresses her divinity. The shark with equal satisfaction snaps the life of the drunken outcast or of the Bishop of the Diocese. In the railroad wreck the crashing forces with impartial truthfulness crush out the life of the negro porter and of the railway president. When pestilence stalks the land the children of the King have no immunity superior to that of the peasant. Human flesh and blood are weighed impartially in the great scales of Nature's unequivocal accuracy. The distinction between bishop and vagabond, porter and president, prince and pauper will never be found in physical immunity to disease and disaster, but becomes instantly apparent when we realize the protective power given each individual thru an understanding and a living knowledge of the inevitable dependableness of the laws of Nature, both as to health and disease.....

The modern physician speaks most truly when he asserts that the greatest single cause of illness of body to-day is the imperfect balance between food and physical exercise; while the mental expert will, with equal assurance, assert that the most fertile soil for the development of mental illness is found in lives of unmitigated, carking care.—Dr. Robert S. Carroll: "The Soul in Suffering" (1919).

THERAPEUTIC NOTES

Soft Chancre.—Levy-Bing and Morin were very successful in curing soft sores by means of the local application of salvarsan. They use the following pomade:

Neosalvarsan	gm. i
Petrolatum	gm.x

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They find not only that rapid cicatrization of the ordinary soft sore is promoted but that the effect is particularly marked in cases exhibiting any phagedenic tendency.

Anemia.—Dr. E. B. Turner (Brit. Med. Journ.) employed colloidal manganese in cases of anemia where iron was not tolerated. In patients with a tendency to constipation manganese is preferable to iron.

EXOPHTHALMIC GOITRE AND STERILITY

Blondel, in a paper read before the Academy of Medicine in Paris, has drawn attention to the frequency in France during the war of exophthalmic goitre in women. This is attributed to the prolonged anxiety and mental disquietude of which the war was generally productive. It was observed that with the exophthalmic symptoms was associated uterine atrophy and consecutive sterility. As to the treatment he speaks highly of the use of the thymus gland.

MONGOLIAN IDIOCY AND QUADRUPEDAL GAIT

Bourdillon (Rev. Med. d. l. Suisse Romande, J. Nerv. and Ment. Dis., Oct., 1919) reports the case of a child with a well marked quadrupedal gait, suppleness of the joints, acrobatic poses and a tendency to monkey-like mimicry and the familiar behavior as of some domestic animal. The child is affectionate, docile, harmless and fond of being petted, showing an enjoyment of life and having complete animal development. There is, however, no element suggesting a throwback to a Simian ancestry.

ANESTHESIA AND ASEPSIS

A Retrospect.

Dr. Stephen Smith (Johns Hopkins Hosp. Bull., Sept., 1919) recalls some of his experiences and observations on the introduction of the two greatest epochs in the history of surgery—anesthesia and asepsis.

When the author entered the office of Prof. Frank A. Hamilton, of Buffalo, in May, 1847, as a student of medicine, anesthesia was on trial. The first operation without anesthesia that he witnessed was so disquieting on account of the sufferings of the patient that he was nearly driven from the profession. The screams and struggles of patients submitted to operation, then heard and witnessed, were but the echo down the ages of those heard when the primitive surgeon first applied the "chipped-knife" to human flesh to remove the broken fragment of a war missile.

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Pain and suffering was regarded as the chief obstacle to success in operative surgery from the time of the first operation with the knife or flint. Hippocrates expressed the prevailing sentiment in the lofty phrase: **Divinum est opus sedare dolorem.**

Two methods of mitigating pain seem to have been suggested to primitive surgeons: (1) Celerity of operation to diminish the time of suffering, and, (2) the discovery of an agent which would safely cause insensibility.

Successful celerity of operation required (a) such a variety of instruments as may be necessary to meet promptly every possible emergency, and (b) dexterity in the use of instruments. Centuries before our era we have descriptions of instruments in familiar use by Hindus and Egyptians which in perfection of finish and adaptation to special uses are equal to the "Kit" of the modern surgeon. As a "show-fad," dexterity in the use of instruments was at its climax when the author entered the profession. At hospital clinics attended by students, operators performed fantastic tricks with instruments often brandishing them when about to make an incision. An amputation was a favorite occasion for these displays of dexterity which often had very serious features without accomplishing much in the mitigation of suffering. Wounds of blood vessels, puncture of viscera, and similar accidents were of frequent occurrence.

Allusions to the use of "pain-killing" agents are frequent in medical history from prehistoric times. In general, their discovery has been accidental, as in the case of gases from the earth. More frequently the narcotizing agent was found in vegetables, the poppy, the mandragora, belladonna, hyoscyamus, cannabis Indica, etc. Cutting operations without pain under the narcotizing effect of these vegetables are mentioned by many writers at different periods. The often repeated efforts to discover a safe and reliable anesthetic were only followed by disappointments.

The only interesting feature in the centuries of search for an anesthetic relates to the incidents by which the inhalation of nitrous oxide gas (laughing gas) led to the discovery of scientific anesthesia. In 1799, Sir Humphrey Davy experimented with nitrous gas; he described its exhilarating effects, used it for the relief of pain in the head, and finally suggested its possible use in surgical operations. In 1842, Dr. C. W. Long, an unpretentious rural American practitioner, first operated on a patient under the control of ether and subsequently used it in his operations, but did not think the method of sufficient importance to publish an account of it, until Dr. W. T. G. Morton, an enterprising dentist of Boston, recognized the value of the new treatment and suggested its employment in the field of operative surgery. Dr. Morton applied to Dr. J.

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C. Warren, then at the head of the surgical staff of the Massachusetts General Hospital. The day fixed for a trial operation was October 16, 1846. The operation was a complete success and thus was ushered into human history the great epoch—ANESTHESIA—freedom from pain in the practice of operative medicine.

Important as was this result, the mortality of operated cases had not diminished. Suppuration still remained and determined the final result—general infection. Impressed with the fact that he had a mortality of 45 per cent. in his cases of amputations, Lister commenced his phenomenal experiments and was finally led to the use of carbolic acid. When in 1867 he published his first paper, "On the Antiseptic Principle in the Practice of Surgery," he was greeted with a storm of criticism and ridicule. He amused his critics by the performance of new and more incredible operations without pus or fever.

Thus the second great epoch in the annals of surgery——ANTISEPSIS—was inaugurated.

Stephen Smith introduced aseptic treatment into the wards of Bellevue Hospital, greatly to the disgust of many of his colleagues. Prior to the year 1867 healing by first intention in that hospital had neither been expected nor sought by the surgeons.

By an accident the author was led to the adoption of a highly serviceable method of anesthetizing very feeble patients. An old lady with feeble intermittent pulse and a weak heart had been prepared for operation in the usual way, with purgatives and simple diet. She was greatly excited and had taken but little ether when her face became purple, her pulse disappeared and after a struggle to restore her she was pronounced dead. Having a similar case on hand, the author began to think and finally reached the conclusion that such patients required supporting rather than the depressing treatment. He recalled two facts that determined his course, namely, (1) Larrey, the great military surgeon under Napoleon, advised operations on soldiers while they were drunk, for then they neither feel nor fear pain, and (2) hot milk is a quick nutrient and sustains a weak heart.

Accordingly, Dr. Smith directed that at 8 o'clock on the day of the operation, which was at 3 o'clock, the patient should receive an ounce of hot whiskey in a glass of hot milk, and the same to be repeated at 10 and 12 o'clock. She came under the influence of the anesthetic without a struggle and required an amount estimated at one-tenth that ordinarily given, the whiskey having already secured partial anesthesia. The pulse remained at 96 and she made an unusually quick recovery.

During the many years he has used this anesthetic, hot

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milk and whiskey, the venerable author has not seen a patient fear an operation, nor suffer from shock or collapse.

CALCULUS IN URETHRA

Dr. Van den Branden (Arch. Med. Belges, April, 1919.—J. A. M. A.) reports a case of acute recent gonorrhea with pain on urination, and about the fifth day a hard tender tumor was palpated, 2 cm. from the meatus. The tumor was treated on the assumption of an acute inflammatory process in Littré's glands, which the palpation findings seemed to indicate. They persisted unmodified for two weeks. Then endoscopy revealed the tumor to be a calculus, 1 by 1.5 by 0.5 cm. Strictures had developed at this point during these two weeks. There never had been any symptoms from the urinary apparatus before the gonorrhea, and the assumption of an acute littritis seemed unquestionable, until the calculus was discovered.

TREATMENT OF CHANCROID

At a recent meeting of the Société de Therapeutique of Paris Dr. Goubeau (quoted in Lancet, Oct. 25, 1919) described the following method of treating soft chancre. The surface of the chancre is first carefully cleaned with a swab soaked in ether and then painted by a brush or piece of stick wrapped in cotton with a 1 in 50 alcoholic solution of sodium arsenate. This drug being only slightly soluble in alcohol is in suspension rather than in solution and the bottle containing it must therefore be shaken well before use. Lastly, the alcohol must be made to evaporate by a stream of air from a bellows or a Paquelin cautery. A fine film of arsenate of soda is thus deposited on the surface of the chancre. The swabbing and evaporation must then be repeated and the chancre covered with aseptic gauze. Under this treatment it rarely needs more than from 3 to 5 days for the chancroid to be transformed into a smooth, red. healthy wound with a rapid tendency to cicatrize. When the pus does not reaccumulate a daily application of iodoform [iodoform may still do service in France; it is quite inadmissible in the United States.—Ed.] may be substituted for the arsenate of soda

In the case of chancroids complicated by buboes, if the bubo is not yet softened, 1 or 2 c.c. of a sterile watery solution of 1 in 100 sodium arsenate is injected into the glands, the injection being repeated, if necessary, every two days If an abcess has formed, the pus is evacuated with a small trocar and the solution of sodium arsenate injected, together with 1 c.c. of ether which enables the cavity to be distended and allows the sodium arsenate to penetrate into all parts

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of the cavity. The injection should be repeated daily or every two days. If the bubo is already opened it should be treated like the chancroid by cleaning it with ether and swabbing it with a 1 in 50 solution of sodium arsenate.

SOFT CHANCRE OF THE FINGER OF A PHYSICIAN

Dr. Milan (Paris Med. II. 2. '18) reports the case of a physician who, while incising a bubo, accidently stabbed his left index finger. He immediately applied tincture of iodine and later placed his finger in 95 per cent alcohol. Four days afterward the chancre made its appearance. There was no lymphangitis nor enlargement of the regional glands. The first examination failed to reveal the presence of the bacillus of Ducrey, but a few days later the bacillus was found in abundance. In about six weeks the lesions healed.

FOREIGN BODIES IN THE STOMACH

Dr. S. J. Ross (The Medical Press, Aug. 27, 1919) reports the case of a man, aged 24 years, who was admitted to the hospital with the history of having swallowed a tooth-brush. He was undergoing a term in jail. He complained of pain in the region of the ileo-cecal valve. After a week his temperature rose to 100 F., his pulse rate to 90. An appendix incision was made and the stomach explored. Two hard substances were felt. The stomach was opened and therefrom removed a buckle and a stone, the size of a pigeon's egg. No foreign body was discovered in the intestine. The patient made an uninterrupted recovery.

MENTAL DISTURBANCES AND SYPHILIS

Dr. L. M. Gaines (Am. Jour. of Syph.) suggests that syphilis may cause practically any type of mental disturbance. The old idea that a case of paresis must posses delusions of grandeur can no longer be entertained. Clinical symptoms and labortory findings are the best tests to be applied in almost all cases of mental disorder.

In mental cases with evidences of syphilitic infections, probably all of them become impaired as the result of syphilis. There may be other contributing causes, but syphilis is the efficient cause. Having established syphilis as the cause of a given case of mental disturbance, a gross injustice is perpetrated upon the patient and his family by consigning him to paretic hopelessness. Rather, he should be thought of as a case of cerebral syphilis, who may be benefited by intensive treatment and such treatment should be persistently continued as long as there is any possibility of improvement.

Some patients have apparently recovered after many months of such constant efforts in their behalf..

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OF GENERAL HUMAN INTEREST

THE DECOLLETE DRESS

The modern women's fashion of wearing the dress open at the "neck" (which in common parlance includes the upper part of the chest) affords abundant opportunity for studying this portion of the female anatomy. The neck, like every other part of the body, has its individuality, by which, no doubt, all of us could be identified: it may be long or short, plump or thin, fair or dark, smooth or wrinkled, and the muscles and bones may show with varying degrees of distinctiveness.

It is astonishing how slavishly women, in total disregard of its becomingness, follow this fashion—the elderly dame on whose pristine charms withering time has laid a heavy hand no less than the young girl in the first flush of her blossoming beauty.—Medical Press.

THE INSTITUTION OF MARRIAGE

Is marriage a normal institution? Is it so normal as to deserve to continue in a state of civilization, given that civilization's function is to crush nature?

A thing is not necessarily good because it exists, for scarlet fever, nationality, art critics, and black beetles exist, yet all will be rooted out in the course of enlightenment. Marriage may be an invention of the male to secure for himself a woman freehold, or, at least, in fee simple. It may be an invention of the female designed to secure a somewhat tyrannical protection and a precarious sustenance. Marriage may be afflicted with inherent diseases, with antiquity, with spiritual indigestion, or starvation: among these confusions the socio-psychologist, swaying between the solidities of polygamy and the shadows of theosophical union, loses all idea of norm. There may be no norm, either in Christian marriage, polygamy, Meredithian marriage leases; there may be a norm only in the human aspiration to utility and to happiness.

For we know very little save the aimlessness of a life that may be paradise, or its vestibule, or an instalment of some other region. Still there is a Key, no doubt: the will to happiness, which, alas! opens doors most often into empty rooms. It is the search for happiness that has envenomed marriage and made it so difficult to bear, because in the first rapture it is so hard to realize that there are no ways of living, but only ways of dying more or less agreeably.

Personally, I believe that with all its faults, with its crudity, its stupidity shot with pain, marriage responds to a human need to live together and to foster the species, and

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that tho we will make it easier and approach free union, we shall always have something of the sort. And so, because I believe it is eternal, I think it necessary.—W. L. George: "The Intelligence of Woman."

SOME OBSERVATIONS ON THE PRODUCTION OF SEX

By numerous observations concerning the production of sex, S. H. Terry ("The Secret of Sex") reached the following conclusions:

At the generation of the male offspring the mother must be in a higher degree of sexual excitement than the father. And reversely, at the generation of female offspring, the father must be in a higher state of such excitement than the mother.

A remark made to the author by a countryman of his acquaintance, with whom he was conversing on the subject, led to this: he could always tell when his wife was conceiving a boy, for she did all the work; while if it was a girl, he had to do all the work. While this may be regarded as an exaggerated remark, the writer thinks it does in a forcible way reveal the prominent idea and is worth to be remembered by those wishing to test the theory. By the same observations the saying has become common among the rural population, that "any boy can beget a boy, but it takes a man to beget a girl."

[This is all piffle. So far we know **absolutely** nothing about the conditions determining the sex of offspring.—Ed.]

ONAN'S CRIME

The voluntary discharge of seminal fluid elsewhere than inside the human vagina reacts most detrimentally upon the man's physique. It violates one of his primitive instincts and he suffers accordingly. The practice of withdrawal just prior to emission is most common.....No woman was ever satisfied in that way and every man was always disgusted afterward. It is merely co-operative masturbation. —T. G. Yeomans (Med. Times.)

PLANNING FOR A CHILD

When parents wish intelligently to plan for a child, the spring of the year and following the menses is the best time to initiate the prenatal life of a child. It will then be born three months before the next summer and will pass thru the hot summer months before it begins to teeth and will be practically thru that ordeal before another summer. Teething during the hot summer months is responsible for the

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death of thousands of infants.—Prof. T. W. Shannon: "Science of Life and Sex Purity."

SIGNS OF DECADENCE

Never was mankind working so desperately to heal the diseases of the body, the diseases of the mind, the diseases of morals. the diseases of society. An enormous amount of thought and effort goes to these cures and to these uplift movements. We have a vastly improved surgery and dentistry and medicine and hygiene, and we have temperance movements and peace societies, and we have better schools, better churches, and better courts and better laws, and better houses and better clothes, and better food and better drink, and we have societies for remedying every defect of individual and social man, but the results have been disappointing, for we have gained no higher degree of civilization as measured by art, poetry, or literature, nor have we lessened in any degree physical and mental diseases, crime and social calamities.—G. Th. W. Patrick: "The Psychology of Relaxation."

Which goes to prove—— But what's the use? Yes, Dr. Patrick is right!

Do we realize how far our town life and culture have got away from things that really matter, how, instead of making civilization our handmaid to freedom we have set her heel on our necks, and under it bite dust all the time?—Galsworthy.

THE WORST FAULT

"One must ever be drunken," says Baudelaire. "In order not to feel the horrible burden of time that is breaking your shoulders, bending you earthwards, you must be ceaselessly drunken. But with what? With wine, poetry or virtue, as you will—only intoxicate yourself. . . ."

All the poets from Anacreon and Omar Khayyam to Kipling have chanted the same wild paean to Nature, as the old hag who deals in youth, beauty and all intoxications. But Beaudelaire has been unique in his mention of Virtue as one of man's means of transport on a jag.

Can Virtue intoxicate? . . .

The Moralist, the Prohibitionist and the Christian can find their license for a spiritual intoxication in the Scriptural injunction, "Be not drunk with wine but be filled with the Spirit." But the Divine Guest of the world, who turned water into wine at the wedding of Canaan, castigated self-righteousness as the spirit of evil in mankind; and Carlyle complicates man's moral problem still further beyond solution with his pronunciamento

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that the worst fault in a man is to be conscious of none.—Marian Cox: "The Dry Rot of Society."

SEX IN PLANTS

Darwin startled the world with the theory that the color, the perfume, and the honey of the flowers were developed not for the delight of mankind, but for the sole benefit of the plant itself, to secure visits from the butterfly, the bee, the moth, the ant, and others of the host of flying and creeping things that rejoices in sugary concoctions. What is the meaning of this? Flowers are male and female. They perpetuate themselves by marriage. But they take care not to marry their nearest relatives; in technical terms, they avoid breeding-in and-in.

As a rule, the two sexes grow together within the circle of the flower, as in the human family they grow around the same hearthstone. The females or pistils stand in the center of the flower; the males or stamens surrounding them, with the fertilizing germs or grains of pollen packed in little boxes borne on their heads, as in the lily for example. Nothing could be easier than the falling of the pollen upon the pistils so near at hand and the consequent fertilization of their seed. This the flower cunningly strives to prevent and calls in the insect aid in its purpose. A bee in its daily round among the flowers stops to sip the nectar of the lily and gets well dusted with the pollen it shakes out of the stamen boxes by its movements. Leaving the blossom it turns to another of the same species, always preferring in each round to sate its appetite with the same flavored nectar. In the second lily it necessarily deposits on the pistils a part of the pollen clinging to its body, while it bears off a fresh burden poured out of the second set of pollen boxes. Passing thus from flower to flower in its busy course, the great work for which the bee's services were invited, cross-fertilization, is accomplished. Many flowers refuse to produce seed unless pollen is brought to their pistils from other blossoms, and a great army of insects is employed day and night in carrying the precious grains to and from them.—Sara A. Hubbard: "The Soul in a Flower."

SELF-CONTROL

"The greatest man in the world is he who can govern his own will." Guilio Varrino, 1656.

He who wills it sincerely can govern his will, and he who can govern his will is a thousand times more fortunate than if he could govern the world. For to govern the will is to be without fear, superior and indifferent to all earthly follies and shams, idols, cants and delusions, it is to be lord of a thousand isles in the sea of life, and absolutely greater than any living mortal, as men exist. Small need has that man to heed what his birth or

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station in society may be who has mastered himself with the iron will; for he who has conquered death and the devil need fear no shadows.—CHAS. G. LELAND.

POLYGAMY AND EUGENICS

In commenting on a statement made by Mayo to the effect that in the future we shall be enabled to live longer by means of careful hygiene and skillful surgery, the editor of The Medical Press suggests that this would by no means be an unmixed blessing, for surgery, while benefiting the individual, tends to harm the race by rescuing from death a number of people suffering from such hereditary disease as ovarain cyst and uterine fibroids, and thus interferes with the beneficent action of Natural Selection and increases the racial tendency to disease.

The only way to increase racial longevity is by resort to eugenics. This implies maximising the number of those coming of a long lived stock, minimising the number of those coming of a short-lived stock. This method would be effective, but it is hardly practicable, first, because few of those who come of a short-lived stock would consent to forego parenthood; and, secondly, because society could not tolerate the unrestricted multiplication of the long-lived, this would imply nothing less than that all old men coming of a long-lived stock should continue to propagate until the end of reproductive life.

Under the system of monogamy this is manifestly impossible, for, seeing that husband and wife are generally much of one age, the effective reproductive life of the husband is reduced to that of the wife, the result being that long-lived men leave no more children than short-lived ones.

Monogamy tends to prevent any racial increase in longevity. Altho the writer says he doesn't suggest a return to polygamy, he recalls the fact that during the long polygamous phase of human society the long-lived men tended to leave more children than the short-lived ones; if thereby the span of human life was extended we must assume that the inherited tendency to longevity was transmitted to each sex alike; otherwise men would be longer lived than women.

MOTHERS OF GREAT MEN

It seems to be a universal rule that great men had mothers superior in character and intellect.

Sir Walter Scott's mother was not only a superior woman, but a great lover of poetry and painting.

Byron's mother was talented, but proud and ill-tempered.

Napoleon's mother was noted for beauty, energy, common sense and strength of character.

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The mother of Washington exercised a powerful influence in moulding the character of her great son. [Yes, and quite as great a galaxy of great men could be presented whose mothers were very mediocre and commonplace.]

ARE GENERAL PARALYTICS INFECTIVE?

Dr. F. W. Mott (British Medical Journal, No. 3075) examined an emulsion of the brains of a series of 100 successive cases of general paralysis of the insane. The spirochetae were found in 66 per cent. of the cases. Dr. Mott's assistant, Dr. Geary, examined the seminal fluid obtained postmortem from the seminal vesicles of fifty cases of general paralysis of the insane. Spirochetae were not found in a single case. The same result was obtained with an emulsion of the testicles. The result, according to Dr. Mott, indicates in all probability that the seminal fluid of a paralytic is non-infective in the stage of general paralysis.

Theoretically, his findings are of extreme interest. Practically, the importance of his findings does not seem to me to be very great, for whether a general paralytic is capable of infecting a woman or not, he certainly should not have any sexual relations. And I believe that even under our horrid social system one suffering from general paralysis of the insane is not very likely to have many opportunities. Their sexual impotence alone should be a safeguard.

DIVORCE FOR THE ASKING

As is well known, in Socialist Russia, and recently also in Denmark, divorce is granted on the mere application of husband and wife. It is assumed that the husband and wife are the best judges as to whether they should live together or not. It will be a long, long time, before any state in the United States adopts a liberal divorce law, but it is interesting to note, that some seven years ago Morrison I. Swift introduced such a bill in the Massachusetts legislature. Of course the bill died a-borning, but the mere fact of its introduction is worth noting.

The bill and petition follow:

DIVORCE BY MUTUAL AGREEMENT

An Act to Make Divorce Obtainable by Agreement of the Husband and Wife. [House Bill 583]

Complete divorce shall be granted in all cases where both husband and wife declare their desire for it. This declaration shall be made before any judge by whom divorce suits are tried, and no attorneys or investigators shall be required or permitted in the case. The entire legal cost to the persons obtaining divorce in this manner shall not exceed five dollars.

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Petition

The greatest misery and degradation result from our mistaken system of attempting to force people who are unsuited to each other and who ceased to love, to remain in the relation of husband and wife. Some have called this continuance of the marriage relation when love has ceased by a very severe name. Love is the basis of American marriage, and when love dies out, the essential quality of the marriage ends.

Where there is disharmony the energies of life which should be applied to development and usefulness are wasted in the friction of mutual misunderstanding. The rigid marriage theory is inefficient because unhappiness destroys power, while happiness creates power. It is more absurd to force two uncongenial antagonistic people to live together in wedlock or to retain any ties if they desire divorce, than it would be to compel hostile business partners to continue their partnership when they wished to part, the very suggestion of which is amazing.

By the present law a premium is placed on crime, brutality and indecency, for the purpose of obtaining divorce. The law can be easily evaded, but only by means of genuine brutality or of lying. Two people of the mildest manners and the best wishes can appear to commit some disgraceful act which will entitle them to divorce. The court listens to their tale of crime and to the witnesses and has no option but to grant the decree. The already over-grown American vice of hypocrisy is thereby fed.

People have a right to happiness. We are not in the world to needlessly sacrifice ourselves. There is enough suffering that cannot be escaped, without increasing it by law-created suffering. People who make each other wretched therefore commit a wrong by not being completely divorced.

'Collusion,' so-called, should be the first and most unquestionable reason for granting divorce. The man and wife know better than others whether they are happy together and whether they do their life work effectively together.

Refusal to allow divorce on this ground greatly promotes immorality. If bound together by law against their will and in defiance of their peace and happiness, they most often consider themselves justified in seeking their happiness elsewhere than at home. Many such connect themselves with other women or men, making their own family life an open sham and inevitably bringing to all marriage laws the contempt that is now so widely displayed for them.

Their disregard for the marriage bond is witnessed by their children, who thru its influence are incited as they grow up to consort with women of the town, contracting the

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several diseases which curse them, their wifes and children if they marry, society, and posterity.

Even tho they may not descend to vice the children of unhappy parents are generally injured for life by the atmosphere of their homes. The State should take much greater care of all children than it does, since children are the substance of coming mankind and the chief social asset.

WOMAN NOT A PERSONALITY BUT A TYPE

Michelet summarizes the whole philosophy regarding women in a single phrase, which he appears to have formed with the cutting quality of a satirical verse; he says—"Woman is a personality."

That is one of the greatest mistakes made by this fiery and enthusiastic but superficial author. The reverse is the truth, namely, that woman is not a personality but simply a type.

No doubt, there are women also who come under the so-called original category. May I give you a bit of advice? It is this—Beware of an original woman! Deviation from the type is in women, in eighty cases out of the hundred, significant of a disease. The individualistic woman differs from the general type as a comsumptive woman does from one in perfect health. And in twenty remaining cases, which cannot be brought under the head of disease, the singularity is due to an interchange of sex so far as the intellect is concerned.....In a case of this kind there is the body of a woman, but the character, the opinions, and the tastes of a man, or vice-versa. Public opinion is on the right track when it terms an original woman in simple language as a man-woman. This expression completely summarizes the explanation of the phenomenon. So soon as a woman departs from the uniform type she loses the most important of her psychological marks of sex.....

.....Individualistic women, as a rule, only make special impression on men of a degenerate physiognomy, whereas manly individualities of a sharply defined type prefer to be enthralled by the average kind of the female..... The man in whom vital energy is not powerful enough to enable him to aim at the creation of new forms, seeks unconsciously to satisfy the fundamental instinct of his organism, that, namely, of the formation and development of an individualistic type, by union with a woman who is more richly endowed with vital energy than he is himself; while the man who has been better provided by nature in that way has no need to do this, he can trust to the self-sufficiency of his peculiar constitution.—Dr. Max Nordau: "Paradoxes."

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CRITIC AND GUIDE

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

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EDITORIALS AND EDITORIALETTES

THE ROLE OF MEN AND WOMEN IN THE BIRTH CONTROL MOVEMENT

Our good friend, Mrs. Margaret Sanger, in reviewing Dr. Victor Robinson's "Pioneers of Birth Control" (in the Birth Control Review for March) while praising the book, thinks that not sufficient emphasis has been laid upon the rôle that women played in the Birth Control Movement. In fact the entire review is devoted to the complaint that more space has been devoted to the men than to the women and she attempts to prove that women played a more important rôle in the development of the Birth Control Movement than men have. It is perhaps ungracious to quarrel, even in a friendly manner, with one who has done such valiant service in the Birth Control Movement; but our movement is now strong enough to bear criticism, and it is better that the criticism should come from the friends than from the enemies of the movement.

To give an idea of Mrs. Sanger's manner of reasoning I will permit myself one or two quotations.

"Quite as naturally, he [the author] overlooked the fact that while men have been scientific investigators, authors and commentators, and **even** [!] advocates of Birth Control, it has never become a movement in any country until some woman electrified and crystallized it by her championship of contraceptives as a means of woman's liberty. Men have always either followed the lead of women in this matter, or have advocated contraceptives merely as a side issue of sex reform, free speech or the economic adjustment."

With all due respect to Mrs. Sanger, with the fullest appreciation of her services to the Birth Control Movement,

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this is the sheerest kind of nonsense. The value of man's work to woman's work in the Birth Control Movement is about as one thousand is to one. In every country in the world, **without exception,** it was man who started the movement, started it when it was a dangerous thing to do so, and woman came in only at the tail end to help along. And this in spite of the fact that the greatest sufferers of unlimited breeding have been women and not men. But it has always been so in history. It has been so and will be so. It is not the slave that rebels against his slavery; it is the free man who sees the injustice of slavery who starts the fight for its abolition.

In Russia it was not the peasant serfs who began to agitate for their freedom; it was Russian noblemen, the owners of slaves, who demanded that the slaves be freed. In America it was not the negroes who rebelled against their slavery and demanded its abolition; it was the white abolitionists who sacrificed their reputation, their property, and their lives in demanding freedom for the colored man. And even in the present proletarian revolution in Russia it wasn't the proletarians who have done it; it was the intellectual geniuses who brought about the titanic change. And the same with the Birth Control Movement. Take every country in the world and you will find that its pioneer of Birth Control was a man. Malthus, Carlile, Place, Knowlton, Owen and Drysdale—these pioneers all belong to the male sex.

Mrs. Sanger says that "it was not until Annie Besant, fired with the vision of fundamental freedom, defied the law in behalf of her sisters, that Birth Control became a living dynamic movement."

People not familiar with the history of the case would be led to think that it was Annie Besant who played the chief role in the famous trial of 1876-1877, but as a matter of fact the role that Charles Bradlaugh played in that trial was of far greater value to the movement. Anyone can convince himself of it who will take the trouble to read the 360 page report of that famous case "The Queen vs. Charles Bradlaugh and Annie Besant."

I might also mention the very important fact that every single prevenceptive method or appliance, chemical, mechanical, physiological, operative, etc., has been suggested or invented by a man. If it were not illegal to do so I could mention each author with the time of invention. And but for the work of man in discovering efficient prevenceptives, all the enthusiasm of woman would have been futile and fruitless.

Mrs. Sanger refers to the work of Dr. Aletta Jacobs in Holland. Nobody appreciates Dr. Jacobs' work more than I do, but it is not fair in speaking of Holland to omit the name of Dr. J. Rutgers whose work in the practical establishment of Birth Control was at least equal to that of Dr. Jacobs.

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And his courage and idealism have certainly been equal to these qualities in Dr. Jacobs. And what would Dr. Aletta Jacobs have done without Dr. Mensinga's invention? And I might add that Dr. Jacob's clinic was not primarily a birth control clinic as many are led to believe. It was an ordinary dispensary in which prevenceptive information was given incidentally. And this is true of all other so-called "birth control clinics" in Holland.

We are now coming to this country. It is a pity that in a great humanitarian movement like the Birth Control Movement, there should have arisen bickerings and petty jealousies and rival cleams. But the truth must be told once for all; and the truth is that when Mrs. Sanger began her Birth Control activities in this country the ground had been thoroly tilled and prepared for at least ten years. Many people in this country as well as in England and France (see *The Malthusian* and the *Neo-Malthusien*) are referring to the editor of THE CRITIC AND GUIDE as the pioneer of the Birth Control Movement in America. Without any qualifications this title would mean too much. Knowlton and Robert Dale Owen advocated Birth Control in America half a century before the editor was born; but if the editor should be referred to as the pioneer of the **modern** Birth Control Movement in America, the title would be quite correct; because for many many years prior to his Birth Control propaganda there wasn't a word heard on the subject, neither in the lay nor in the medical press. And when he started his propaganda in 1903 and 1904 the shock was quite severe. It took a number of years before any discussion on the subject could be gotten into any medical publication or before the subject could be discussed before any "respectable" audience.

It was on March 4th, 1911, that the editor read his essay "The Limitation of Offspring, the most important immediate step for the betterment of the race from an economic and eugenic standpoint." The discussion of this paper was led by Dr. A. Jacobi and was reported in the newspapers thruout the country. And it was in 1912 when Dr. Jacobi, whom the editor, after a good deal of labor had converted to his Birth Control views, in his **presidential** address before the American Medical Association, gave his approval to the Birth Control Movement. That gave the movement a definite reputable status and made thousands of physicians begin to pay attention to the subject; and it was then only that a number of medical journals began to consider it not beneath their dignity to print discussions and editorials on this hitherto tabooed topic.

But not only was the theoretical field of Birth Control thoroly tilled and prepared by the time Mrs. Sanger came into the movement; not only had the Editor of THE CRITIC AND GUIDE by his numberless lectures, pamphlets, articles and

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editorials created a large sympathetic and eager audience, but for ten years prior to 1914—when Mrs. Sanger's activities began—practical prevenceptive information was distributed freely and gratuitously to thousands and thousands of men and women, lay and medical.

And even the formulae which Mrs. Sanger had published in her pamplet were furnished her by a man!

And finally, even in suffering for the Birth Control Movement, a man beat her to it. Mrs. Sanger spent a month in prison—Dr. Ben Reitman spent six—yes, full six months (without any deduction) for distributing some leaflets containing prevenceptive formulae.

It seems wasteful to discuss such trifles, in which the public at large cannot be interested. But we might as well have the thing right while we are about it. History groans when facts are presented in a distorted fashion.

One more point. There is a tendency in some quarters to sneer at the role of the medical profession in the Birth Control Movement. It is true that the medical profession is as a rule apathetic and reactionary, and one of the principal objects of my life's activity has been to awaken it to the importance of social problems. But it is foolish to sneer at the co-operation of the medical profession, particularly so in the Birth Control Movement. One physician won over to our movement is as important as a thousand laymen, for he is in a position to do as much as a thousand laymen and women. The day we have won over a majority of the medical profession the Birth Control Movement will be triumphant. and it is for this reason that, while not at all neglecting the laity, I concentrate so much of my attention on the medical profession. And when it comes to legislative enactments the testimony of one physician will also count more than that of a thousand laymen.

Let us all work together. Let us stop petty jealousies and bickerings [the editor hopes that he has always been free from them] until the Birth Control or Voluntary Parenthood Movement has won its final victory. And while working for the Birth Control Movement let us not forget that there are other movements of equal importance. Important as Birth Control is, it is not a panacea for all our economic or sexual or emotional ills. There are many childless couples who are as wretched as couples with a dozen children.

Ne quid nimis.

THE DAMNABLE MILK PROFITEERS

If there are any criminals who ought to be in Hell it is those respectable patriots and pillars of the church who profiteer in the necessities of human life and particularly in those

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things that are needful for the growth and development and very life of children. Milk is such a thing, and nevertheless the most vicious, the most damnable profiteering has been going on in this vital article of the child's diet.

When a kick is raised at the exorbitant price of milk the milk profiteers give the excuse that they have to pay higher prices to the farmers and to their workers. This is a lie. The raise in these two items is not sufficient to justify the enormous raise in the price to the consumer. The real reason is that the milk profiteers want to become billionaires. They know that they have the people at the throat, and they can charge whatever they please, for they know that in a country like ours there is no law or public opinion to stop them.

When anybody makes similar statements about our profiteers he is accused of being a ranting radical. Let me therefore give the official figures compiled by the Fair Price Commissioner from the Sheffield Farms Company's own statement of business in 1918. Their actual net profits were 52%! But here is the Commisioner's statement verbatim:

> "Actual net profits $774,000 or 51¼ per cent., which is three and a half times the profit made in 1917."
>
> "In 1918 the United States was at war. The price of milk reached the highest point it had ever reached in our history. The Sheffield Farms Company took the biggest dividend (14 per cent.) it had ever taken in its history. They charged off the largest amount for depreciation they had ever taken ($553,-465 which is about twice the sum charged off for depreciations during the past five years). They set aside a surplus of $492,231, the largest amount they had ever set aside (about twice the amount set aside as surplus during the last five years). The surplus of the Sheffield Farms Company is greater than its capital."

Naturally when a company is determined to make such profits it must charge high prices. It is really surprising that they do not charge 30, 40 or 50 cents for a quart of milk.

Some people, when you object to high prices, babble of the law of supply and demand. Those ignoramuses do not know that the profiteers are in a position to control the supply, and whenever the supply is equal to or exceeds the demand, they will rather destroy than charge low prices to the consumer. It is stated that millions of quarts of milk are deliberately wasted and that tons and tons of food are destroyed and permitted to rot, all in order to keep up high prices.

Is this as it should be in a "civilized" democratic country?

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THE EFFECT OF WAR ON THE SEXUAL FUNCTIONS

War, the greatest of all crimes and the greatest of all evils, has a blighting effect on every living thing. Man it destroys mentally,, morally and physically. In another editorial (in the American Journal of Urology and Sexology) I referred to the influence of war in diminishing the libido and in causing sexual impotence. That referred principally to man. Its effect in causing amenorrhea or cessation of the menses in women is not less striking. And this is true not only of belligerent countries, but also, tho to a lesser extent, of neutral countries.

For instance, Dr. G. Holmberg investigated the incidence of amenorrhea at a gynecological clinic in Sweden, before, during and after the war. In 1912 the incidence of amenrrhea was 0.9 per cent., in 1913 and 1914 the percentages were 0.7 and 1.3. During 1915 and 1916 the percentages were 1.5 and 1.6. In 1917 however the figure rose to 5.0 and in 1918 to 9.0 per cent. In 1919 there was an abrupt fall to 1.7.

In the belligerent countries the figures were even more striking. In Berlin, Cologne, Vienna and other places where the condition was investigated, the sudden cessation of menses among women of all classes was remarkable. The amenorrhea lasted from two months to two years and longer. The last menstruation had been of the same duration and character as normal, but all at once the women ceased to menstruate. Among the working women in Vienna amenorrhea had increased from **0.5** in 1912 to **14.0** in 1917!

Whether the amenorrhea was due to nervous and glandular disturbances or to the poor food and hard work, it is hard to say. Most likely there were several etiologic factors. Some writers claim that the primary factor was a disturbance of the internal secretion of the ovaries, and this disturbance had as a result not only a cessation of the menses but also atrophy of the uterus.

PLOTTING AGAINST THE GOVERNMENT

I am saying what I am saying with all the emphasis at my command and after the most careful and painstaking deliberation:

It is a vicious, gigantic, deliberate, damnable lie.

There is no such thing as plotting against the United States Government.

There is not and there has never been an attempt at overthrowing this government by force and violence.

There is no organization in this country, open or secret, that has for its purpose the overthrow of the United States government by force.

I will go further and say that there is not a man, not

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one man or woman in his or her senses, that wanted or expected or attempted or was preparing to attempt to overthrow our government by force.

The whole thing is a vicious, gigantic, deliberate, damnable lie.

The whole thing is a devilishly cunning plot to crush and destroy **every** radical and **every** liberal in this country.

There are no organizations and no individuals in this country who have ever manufactured or made use of bombs or any other weapons. The few measly bombs that were "discovered" last summer, **if bombs they were,** were planted by hirelings of the profiteers. I know there are some unbalanced fools among the extremists, but I deny that there are any so unbalanced as to make use of bombs in this country.

As to the shooting of Centralia, it has been shown that this was an act of pure self-defence. A number of uniformed hoodlums attacked the headquarters of the I. W. W. and the latter defended themselves. Self-defence is considered a justifiable procedure the world over.

I am as familiar with the communist program and manifesto as you are; but they mean nothing. They contain a number of meaningless phrases and a good deal of hot air. But people are not, that is, should not be punished for loud phrases and hot air.

That there are people who **believe** in the overthrow of government by force and violence, I admit, but are mere beliefs or desires to become punishable offences? If it could be shown that anybody plotted or conspired to overthrow the government, that would be an entirely different matter. Every government, reactionary or radical, will naturally defend itself against its enemies. But it has a right so to defend itself only when actual attempts at its overthrow have been proven; mere desires and beliefs, I repeat, nay mere revolutionary phrases, which the revolutionists themselves have no idea how to transfer into practice, are not punishable offences. When the communists say that "communism does not propose to 'capture' the bourgeois parliamentary state, but to conquer and destroy it," it may sound very terrifying to simpletons; but to sensible people it means nothing. Ask the communists **how** they intend to conquer and destroy the bourgeois state, and their answer will be a blank. I know a number of communists and they are as gentle, inoffensive and timid as little lambs. They wouldn't know how to capture a pup, let alone a state or a government. I know that many of the ultra-revolutionists—on paper and on the soap box—will not like what I say; but it is the truth. Ninety-nine per cent. of them do not know the ingredients for making a bomb and would not know how to handle a gun. As I do not belong to any party, I can afford to tell the truth to all parties

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Once more:

The plots or conspiracies to overthrow the government exist only in the brains of fools and boobs. Nobody in this country has plotted, conspired or attempted to capture, conquer or destroy our government.

The raids on radicals, the arrests and deportations, the ousting of the Socialist Assemblymen, are devilish plots of our profiteering plutocracy to crush every liberal idea in this country.

Our superpatriots have committed terrible crimes during the war; they have robbed the United States of millions, nay, of billions of dollars; afraid that the liberals and radicals will expose their thefts and other crimes, they have decided to strangle, imprison or deport every radical, no matter how mild, how opposed to force of any kind. **The imperialists and profiteers are afraid of peaceful propaganda even more than they are of force.** And here in a nutshell is an explanation of all the deviltries of our plutocracy and bureaucracy, and their harlot-maidservant, the Press.

The fact that all the crimes and brutalities of the Department of "Justice," etc., have never been followed by any reprisals (something unthinkable in any other country) is proof positive of the utter inoffensiveness of our communists and other revolutionists. Our revolutionists are paper revolutionists. And to send such people to prison for five, ten or twenty years is a dastardly crime, worthy only of a Sadistic Judge Jeffries.

OUR RAPACIOUS LANDLORDS

We fondly believe, and on the 4th of July we are encouraged in the belief, that we are the most advanced country in the world. Whether this is so or not we will not discuss at the present time, but to show you how much behind other countries we are in certain respects it is only necessary to consider the subject of rent raising.

There is absolutely no limit to the rapaciousness and rascality of our landlords. They are not satisfied with a thirty to fifty per cent. profit on their investment but they say boldly that they will raise the rents just as much as they please, and they know that they can do it because in this country the profiteer is untrammeled and unrestrained. If you try to give expression to your honest opinions you are clapped into prison but if you want to rob and gouge the people the law will help you and the authorities will stand behind you.

In England they passed a law as early as 1915 **preventing the raise of rents.** In many cities in Holland where they have Socialist Mayors and Councils, as soon as they saw that a shortage in houses was impending, they began to build houses,

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renting them to the people at low rates and they have also been aiding private people in every possible way to build their own houses. Here nothing whatever has been done and nothing is likely to be done. We are too busy, I repeat, in crushing honest opinion, in suppressing periodicals, in deporting decent people, to have time to devote to our patriotic profiteers.

Unscrupulous rent-raising is one of the most vicious forms of profiteering imaginable. It is worse than profiteering in clothing and even worse than profiteering in food. In clothing the people can help themselves; they can wear their old clothes much longer, they can repair or renovate their suits, dresses and shoes. In food they can eliminate certain luxuries; they can change for cheaper articles of the same caloric value, etc. But people have to live somewhere and if a landlord raises the rent of four miserable rooms from $35.00 to $55.00 and then to $80.00 then there is only one thing to be done—to hang the landlord on a high apple tree.

And by the way, how quickly the rents would go down if the landlords knew that their rapacious rent-raising might have as a result a long prison sentence or a sudden despatch to the land whence no one returns! But it isn't going to be done. For we are the most docile of all people, and we not only bear with humility being humbugged, robbed, gouged, kicked and insulted—we seem to enjoy it.

INFECTION CAUSED BY MANICURING

Dr. Koerbl, a surgeon of Vienna, has recently reported (Wiener klin. Woch., February 5th, 1920) 32 cases of infection due to manicuring which came under his notice. In many of the cases the infection led to severe infiammation which required prolonged treatment. Practically all the cases commenced as a whitlow. Dr. Koerbl justly points out that every step in manicuring is apt to lead to infection.

"First, the protecting epidermis is opened and the thin film connecting the base of the nail with the skin is incised and trimmed. Then, in polishing the nail with pastes and powders, micro-organisms which have gained access to the subcutaneous tissues are securely sealed in. Finally, the manicurist massages and polishes the nail, driving the infectious material deeper into the lymphatic system." Examination of the pus showed that in most cases the infection was a mixed one. The most prevalent micro-organisms were streptococci; colon bacilli, as well as influenza bacilli, were also comparatively common. In four cases, three of which developed erysipelas, streptococci were found in pure pulture. No cultures could be obtained from the instruments used, but the paste employed yielded pure cultures of streptococci.

There is no question that the danger of infection from

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manicuring is a real one. Not only may the infection result in a whitlow or felon, but tuberculosis and syphilis, particularly the latter, may also be transmitted, if the manicurist should happen to be afflicted with one of these diseases.

THE CLEAN AND MORAL CITY OF NEW YORK

Our reformers (oh reform, what asininities are being committed in thy name!) pat themselves on the back. They have succeeded in making New York the most moral large city in the world. They are very proud and very happy. That the streets of New York are free from soliciting women may be admitted. And if this is the sole criterion of morality, New York is the world's most moral metropolis. But that indulgence in illicit relations has been diminished to any extent may be seriously doubted. Illicit indulgence has been made more difficult, more secret, more expensive—but it has not been abolished or even diminished. As always, the poor fellow has been hit hardest. The man with money has little difficulty in obtaining all the loose women he wants. That the amount of venereal disease has been diminished is also open to question; perhaps it has been incrased. Secrecy and fear of raids are not conducive to that care and cleanliness which are prerequisites to venereal prophylaxis.

The one unmistakable accomplishment of this senseless persecution of the unfortunate women has been an enormous increase in the amount of graft and blackmail collected by our police officials and by the pimps and scoundrels in and outside of the police force. The revelations of police and vice squad rascalities which we read daily in the press are sufficient to arouse the indignation of every half-way decent man; and that has been the main result of the "humanitarian" activities of our "humane" reformers.

There have been a few minor incidental results: thus, a larger number of women than formerly, unable to pay the demanded increase in the graft, have been arrested and sent up to "The Island"; a few of them trying to escape arrest have been injured or killed; many men in moderate circumstances and unfamiliar with the ropes, unable to gratify their normal instinct in the normal way, have become addicted to perverse practices; there has been a very great increase in clandestine prostitution and in illicit relationships of respectable girls. But all such little things do not bother our reformers. In fact the more general misery there is around them, the better they seem to like it; for it cannot be denied that many of our sex reformers and vice crusaders have a sadistic streak in them. That many of the most persistent persecutors of prostitutes are not actuated by morality but by a cruel sadism any psychoanalyst could determine in the briefest seance.

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THE CRIME AT ALBANY

I know that THE CRITIC AND GUIDE is not a political journal and that it would perhaps be best (or rather wisest) to keep its pages free from political editorials. But you also know that I have always been interested in other things besides pills and powders, prescription incompatibilities, prostatis and pruritus. And even the gonococcus and the spirocheta have interested me less than have the human microbes known as politicians and diplomats, because the injury caused by the latter exceeds a million-fold that of the former. And when a deed, above the usual foul and villainous, is committed, then I cannot refrain from expressing my reaction in the pages of my favorite child—The Critic and Guide.

Adequately to express what I think of the crime just committed at Albany is quite impossible. I do not possess the proper vocabulary, and besides, I am flat on a sick bed. But this I will say. The burglar who makes his living by breaking into houses at night, the pimp who lives off the shame of his enslaved female, the midnight assassin who stabs the innocent passerby in order to rob him of a few dollars, are moral saints in comparison with that utterly vile, corrupt buccaneer, Thaddeus C. Sweet, and his crew. No jail in the world harbors as black-souled a criminal as Thaddeus C. Sweet. The criminal hurts one or a dozen people. The crime committed at Albany is a crime against 110 million people. It strikes at the very roots of representative government which it took humanity so many centuries to bring about and which, with all its frauds and imperfections, is better than no represensative government at all. Those ralicals who, like the Editor of THE CRITIC AND GUIDE, are anxious to have progress take an orderly course without violence and bloodshed, cannot help feeling bitter and nauseated at the crime committed by the 118 drunken harlots who call themselves Assemblymen of the St[illegible] of New York.

To t[illegible] hot-headed and impatient souls who want to bring about ref[illegible]us over night, we always used to say that orderly parliamentar[illegible] law was slow but the safest and surest method. We used to tell them that imperfect as our machinery was, all that it was necessary to do was to bring the people around to our way of thinking and the reforms would be brought about. What can we tell them now? What can we answer them when they say: "What is the use of going to the trouble of nominating and electing decent men when at any time the political scoundrels who are in the majority can find some excuse for unseating them?" What can we answer them? Nothing!

Such a crime, I want you to know, could not have taken place in any other country in the world. I must emphasize the fact that in Europe even when a man is in prison for a political crime, if he is elected, that in itself releases him and he is

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permitted to take his seat. And it is right that it should be so; otherwise what becomes of representative government if the voters are not permitted to say who should represent them?

Only in this, at the present time the most reactionary country in the world, could such a crime be committed without its authors being sent to prison for having tranmpled upon every moral and legal principle, without their being forever destroyed politically or otherwise. Any crime against the Constitution, against morality, against human principles, may be committed now in this country with impunity. But it will not always be so.

THE REASON FOR THE CRIME

I trust that not one reader of The Critic and Guide is either imbecile or infantile enough to believe that the five Socialist Assemblymen were unseated on account of any alleged disloyalty or unfitness. The vilest bum, the lowest criminal, the most ignorant drunken hoodlum would be safe in the Legislative Assembly of Albany if he was only sure to do the bidding of the political buccaneers. The real reason for the unseating of the five Assemblymen is the following—and paste this in your hat.

The Big Interests, the Militaristic Imperialists, the War-Mad and War-Made profiteers are anxious to pass some very crooked legislation and determined not to permit the introduction and passage of any legislation intended to benefit the people. The corruptionist Sweet and his crew know that in order to pass crooked bills and to prevent the passing of human welfare bills, complete darkness is needed; and they also know that the Socialist Assemblymen have a disagreeable habit of demanding that things be done openly. They know that they are the only real sentinels guarding the public welfare. They found the Socialist Assemblymen very inconvenient in former years and they knew that they would be still more inconvenient in the coming year. Hence they decided to trample upon the Constitution and to spit upon public opinion, and, happen what may, to unseat the representatives of a party which enjoys both respect and power in every European country, and to deprive of representation hundreds of thousands of American citizens.

Who can henceforth have any respect for any laws passed by such miserable, depraved, utterly degenerate and utterly corrupt specimens of humanity as make the laws in Albany?

I suggest that the Capitol at Albany have the following inscription upon its entrance: "This is a den of thieves, corruptionists, paid hirelings of the Big Interests, traitors to the State of New York and to the United States of America. Honest men, keep away!"

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ORIGINAL ARTICLES

THE CRYSTAL THEORY OF DISEASE

A contribution to the etiology of angina pectoris, lumbago-non-rheumatic arthritis, arteriosclerosis, bronchial asthma, gastric hyper-acidity. etc.

By H. C. Barkman, M. D.

I make the statement that lumbago, myositis (so-called), non-rheumatic arthritis, idiopathic neuralgia, angina pectoris, arteriosclerosis, some cases of aneurysm, piles, varicose veins, bronchial asthma, and probably some forms of constipation, akroparaesthesias, intermittent claudication, Raynaud's disease, some other forms of the so-called vasomotortrophic neuroses, as well as hyperacidity of the stomach are one and the same thing, i.e., different manifestations of one and the same cause. And the cause is the formation of phosphate crystals in the muscles. It is only necessary to mention the well-known formation of biurate crystals in gout to show that the formation of crystals in the tissues of the human body is possible and does actually happen.

At the same time I like to draw the attention to the close resemblance between an acute attack of gout and an acute lumbago, for instance, in regard to the intensity of the pain, the sudden onset, the length of duration and the comparatively rapid disappearance. Now let us see whether the crystal theory will explain all and every symptom of the above-named diseases to our fullest satisfaction. If so, we may say our hypothesis is correct.

Lumbago. I start with the consideration of lumbago because it was this ailment that set me thinking along these new lines some fifteen years ago. The old explanations of lumbago appeared to me so unsatisfactory, the theory of subluxation almost nonsensical. For reasons to be stated later I struck on the idea that lumbago was caused by a hyper-alkalinity of the tissues, especially the muscles of the back, and my treatment based on this assumption (Boric Acid) seemed to support the latter to some extent, but nevertheless, there was a great deal of vagueness to it, and by no means could all the different symptoms be satisfactorily explained, not until the idea dawned on me that these alkaline phosphates appeared in the muscles of the back in the form of crystals. Under such a supposition all the symptoms of lumbago are satisfactorily explained.

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The crystallization of a substance may take place with any degree of rapidity, it may take thousands of years to crystallize coal into a diamond, or crystallization may set in almost instantaneously. In the same way the pain in the back may set in so slowly that it is barely noticeable or it may come on with almost lightning like velocity. For the sake of completeness I must mention that it requires no very vivid imagination to grasp the fact that the presence of these small, sharp needle-like crystals of X_3PO_4 (X stands for any base) may and does cause pain. The intensity of the pain is, of course, in direct proportion to the amount and possibly the size of the crystals present. This amount of crystals is changeable under various conditions. A portion of the crystals may go into solution and the pain will decrease, a greater amount of crystals may be formed and the pain will increase.

When a patient with lumbago is in bed at absolute rest, he has no pain, or if any, only a dull ache, because no rubbing or grinding of the crystals in the muscles takes place, but as soon as he moves the pain appears again, because the cutting and piercing of the sharp crystals starts anew. The fact that in chronic cases of lumbago the pain is oftentimes temporarily relieved by walking, gymnastics and massage is easily explained by the accelerated circulation of blood through the affected parts whereby the augmented volume of passing fluids acts as a solvent for the crystals. In acute cases where the line between the holding of the phosphates in solution and the formation of crystals (saturated solution) has just been a little overstepped, one good massage may sometimes be sufficient by increased circulation and volume of fluid to turn the crystals back into solution. On the other hand, the quick onset of an acute lumbago after a heavy lifting or strain of the back is readily explained by the sudden tight contraction of the muscles by which the circulation is abruptly decreased and the amount of fluid diminished so that the phosphates suddenly crystallize out of a shortly before exactly saturated solution. A muscle containing these crystals is naturally irritated by their presence and reacts to this irritation by more or less contraction, hence the rigidtiy.

Myositis, so-called. In myositis, where there is in fact no "itis" present, we have of course exactly the same condition as in lumbago, and what I have said about the latter pertains to myositis in general in unabridged form. It may be remarked that the pain in other muscles rarely sets in in such an acute form and in such a severity as in the lumbar muscles and the iliac and psoas muscle in lumbago but presents more often the chronic form probably on account of the heavier strain the latter are subjected to. The most commonly affected group are the muscles at the hip.

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Non-rheumatic arthritis. I believe that the phosphate crystals are exclusively formed in the muscles. Therefore, the arthritis (again a misnomer) which we see so often connected with myositis, especially in chronic cases is secondary, i.e., the crystals are from the muscles and by their pressure forced into the joints. Under this assumption it is easy to understand why this kind of joint trouble has such an entirely different aspect from the infectious, rheumatic joint affections, runs such an entirely different course and has such a different outcome. No difficulty to see how these crystals may finally grind the whole cartilage of a joint away by mechanical action as we observe it in arthritis deformans for instance. In lumbago cases very often the intervertebral and particularly frequently the ileo-sacral joints are affected in this way. I hope the unnecessary slaughter of the tonsils in the two last named classes of cases will stop now. Poor tonsils!

Neuralgia. I will not say that all neuralgias are caused by the phosphate crystals pressed from the surrounding muscles into the nerves but doubtless a great many are. I am convinced that by far the most sciaticas originate in this manner as we see so often a myositis of the hip muscles combined with the sciatica.

Angina pectoris. Now we come to a very important point. I claim that all non-infectious, i.e., non-valvular heart-troubles are caused by phosphate crystals which originate in the heart muscle itself. Of course the crystals act in the heart muscle in exactly the same mechanical way as in any other muscle by first irritating the fibers, then cutting and piercing them and so finally destroying them. The consequence will again be pain from the slightest dull ache to the most excruciating agony according to the amount of the crystals, the rapidity of their appearance and the distribution over smaller or larger areas of the muscle. All heart-aches (I speak about non-infectious, non-valvular troubles) are caused by the presence of phosphate crystals in the heart muscle. Just the same as a lumbago may set in almost instantaneously and with the greatest severity so that the patient is for a shorter or longer ime absoluely unable o move so an attack of angina pectoris may arrest the action of the heart to such an extent that the patient has the sensation of impending death, or even for so long a time that death actually occurs. These are by no means uncommon cases of sudden death where the post-mortem examination reveals no sufficient cause or explanation for the fatal termination. Once in a while we find an arteriosclerosis of the coronary arteries, but far from always, and if we find it to be present it would nicely fit into our scheme, for arteriosclerosis as we shall presently see originates

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from the very same cause. I hope this is sufficient to make my point clear in regard to angina pectoris.

After I had suffered (8 to 10 years ago) for years intensely from lumbago, pain in the hips, especially the right, and right-sided sciatica (but not in 1915), it was on the 18th of September, 1915, when I had my first severe attack of angina pectoris, at 8 p. m. I kept on suffering from these attacks, sometimes very intensely, upon the slightest exertion, or without it, almost daily, till some time in May or June, 1918, when all at once while driving in my auto, the idea struck me: If the hyper-alkalinity (as I called it at that time) is able to cause such pain in the hip muscles, why not in the heart which is also a muscle?

As the text-books did not give me any clue I decided to try my old fairly good remedy, Boric Acid. The result was good. In a few weeks the angina disappeared and has never returned. The drop-beats which I had at the same time went away simultaneously. I feel younger and healthier now than I did 15 or 20 years ago. Of course all my pains and aches are gone.

Anything that is described as myocarditis (there is no "itis" in the myocardium) is caused by the phosphate crystals and any structure within the myocardium may be affected the same way, e.g., the bundles of His, and so we see the symptoms of heart block may be traced to the same source. You never read of any serious affection of the node of Keith and Flack because nature wisely put the "pace-maker of the heart" outside the reach of the crystals at the junction of the vena cava superior and inferior.

Arteriosclerosis. The same thing over again! All theories which have been advanced in regard to the etiology of arteriosclerosis are unsatisfactory; all agree, however, that the trouble starts in the media, the muscular layer, of the vessel. This muscular layer looks microscopically, as the Germans call it, "Zerwült," rummaged, torn to pieces. Well, what else could you expect from the presence of millions of fine piercing, cutting crystals in these constantly moving structures? The invitation set up by the crystals naturally provokes a reaction which in turn causes the "tension artérielle" Huchard; but Huchard never found the cause of it, taking the arterial tension for the primary thing. In the earlier stages of arteriosclerosis we doubtless have to deal with the phosphates of potassium, sodium, and other inorganic and organic bases, while in the last stage of the disease we find the deposit of phosphate of calcium which is the more permanent. Now we have no difficulty to understand the fluctuations in the manifestations of the disease in its earlier phases. It is thinkable that many of the cases get spontaneously well and certainly

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a great deal of them, if not the most, should be curable under proper treatment before they have reached the last, the calcium, state. I am inclined to think that the cases of so-called essential hypertension are cases of the early, unrecognized stages of arteriosclerosis.

Aneurysm. As the formation of an aneurysm presupposes a certain weakness of the vessel wall we should encounter no difficulty in finding such a weakness in the partial destruction of the muscle fibers by the crystals.

Hemorrhoids and varicose veins. In the same way could the crystals be blamed as a predisposing cause in the formation of piles and varicose veins.

Bronchial Asthma. All theories so far advanced as to the etiology of bronchial asthma are unsatisfactory. It was Leyden when he found the crystals named after him in the sputum of the asthmatics who came nearest the truth. He claimed that these crystals irritated the mucous membrane and so caused a contraction of the bronchioli, taking it for granted that the crystals originated in the lumen of the bronchioli. Here he was wrong.

These Leyden's crystals, consisting of the phosphate of an organic base do not originate in the lumen of the bronchioli, but in the very same manner as in the already described diseases in the muscular layer, stimulate these muscles to contraction and by doing this some of the crystals are squeezed through the mucous membrane into the lumen of the bronchioli and can be found in the expectorated sputum. Nothing left unexplained in regard to bronchial asthma. Now I ask you to look at the close resemblance, nay identity of the symptoms in every respect in lumbago, angina pectoris and asthma, the only difference being in the different functions of the affected organs.

Constipation, akroparaesthesias, intermittent claudication, Raynaud's disease, etc., and hyperacidity of the stomach.

There is no doubt in my mind that some forms of constipation, can be and will have to be explained on the same theory.

Furthermore, it seems to me there should be no great difficulty to find the connecting link between my crystal theory and those etiologically so far obscure conditions as akroparaesthesia, intermittent claudication, Raynaud's disease and some other forms of so-called vasomotor-trophic neuroses. I could go into details, but I will abstain from doing so because it might lead me too far into the field of speculation.

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There is only one question, tho very speculative, I should like to touch upon with a few words, not because I have found the solution but in order to stimulate others to further investigations; and that is hyperchlorhydria of the stomach. I have found during my observations that a great many patients suffering from one or the other of the above named diseases are afflicted at the same time with hyperacidity of the stomach. This happens so often that it appears to me that it can not be a mere coincidence. From what I can see so far I will very tentatively and cautiously venture the following explanation: As we know hyperacidity and ulcer of the stomach are usually connected with a low degree of motility, but whether the former is the cause of the latter, we have no way to prove. If on the other hand we resort to our crystal theory the slow motility of the stomach could easily be explained by the presence of the crystals in the muscles of the stomach. But how could this be the cause of the increased amount of gastric juice? By simple stagnation? Questionable. But the contracting muscles might press some of the alkaline crystals into the glands and these may in their attempt to neutralize the crystals overdo their work. The same as the feeding of alkalies in the cases of hyperacidity in the long run usually makes matters worse. If this were correct we would have on account of an increased alkalinity of the stomach wall an increased acidity in the lumen of the stomach, this again would condition a decreased acidity, that is increased alkalinity, of the tissues of the whole body and so we would have a nice vicious circle.

Oftentimes I have heard patients with pronounced hyperacidity of the stomach complain of a craving for acids. This is a hunger of the hyperalkaline tissues for acids, not of the stomach.

Herewith I will conclude the list of the diseases, the etiology of which is either fully or partially established by the crystal theory. There may be more which are either directly or indirectly explainable in the same way. My object at present is only to establish the principle. If the medical profession accepts the principle as sound then the ground is broken for a new field of investigation and a more causative therapy than was heretofore possible.

The crystal theory as such appears to me established. But now arises the question: What is the chemical composition of these crystals? In the foregoing remarks I always referred to phosphate crystals as the wrong-doers. What proof can I produce that it is the phosphates?

Of course, I have never seen the phosphate crystals in the living muscle. Therefore I must depend on circumstantial evidence, and with the great uncertainty in our knowledge of physiological chemistry it is impossible to arrive at any absolutely definite conclusion. But I will offer what I have.

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My first observation in my own case many years ago which led me to believe that there is such a condition as hyperalkalinity and that this hyperalkalinity was the cause of my pain in the back and hips was that every time my distress increased there appeared a bigger amount of alkaline phosphates in the urine. This phenomenon returned with such striking regularity that the connection between the two was soon established in my mind. I began to habitually examine the urine of the other cases that were similarly afflicted and found almost invariably a lesser or greater quantity of alkaline phosphates in proportion to the distress. In some severe cases the urine is simply thick with the phosphates and gets still more cloudy on boiling. For the determination of the alkaline phosphates in the urine I never use litmus paper but always boil the urine. After being passed the urine may look perfectly clear and give with litmus an acid reaction, but during the boiling process the carbonic acid which held the alkaline phosphates in solution is driven off and the phosphates precipitate in white flakes. These are again dissolved, of course, by the addition of an acid, e. g., nitric acid. Therefore, never put an acid to the urine before boiling! Some severe cases show the alkaline phosphates all the time, morning, noon and evening. In milder cases we may find the morning urine without, and the evening urine full of phosphate and correspondingly the symptoms worse in the evening. This proves to me that during the day at work the acid phosphates, monobasic (KH_2PO_4) or dibasic (K_2HPO_4), are changed to alkaline or tribasic phosphate, i.e., (K_3PO_4). During the night at rest the reverse takes place. It furthermore appears to me that the same thing which happens during a day occurs during the whole lifetime, i.e., that the alkalinity of our tissues increases with age, in later years oftentimes overstepping the limit and turning into hyperalkalinity. We rarely see hyperalkalinity in young children, rather the danger of acidosis, and children as a rule instinctively crave very little acid forming food. The above named diseases are usually met with in persons of middle age (over 20) or in elderly people. I hear somebody draw the conclusion: Take acids and you remain young!

The symptoms of simple alkalinity without crystal formation, either normal in the evening and towards the end of life, or pathological, are: the feeling of being lazy, tired and weak but without pain. In this case the alkaline phosphates exist in excessive quantity but are still held in solution. As soon as the solution gets over-concentrated the phosphates crystallize out and now we get, according to the location where this occurs, the symptoms of one or the other or a combination of several of the above-named ailments.

My second reason why I make the phosphates responsible for the crystal formation is this: As all the enumerated trou-

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bles start in the muscles it must be a salt which is prevalent in the muscles and that is what the phosphates are, chiefly the potassium phosphates. No other salts are in sufficient quantity in the muscles to cause, even in crystalline form, such serious disturbances as we encounter in acute lumbago, angina pectoris, etc.

My third and last reason is that the phosphate crystals actually have been found and demonstrated in bronchial asthma. True, these very same crystals have been detected in the spleen and in the sperma. Maybe the sperma is rich in phosphates and they may occasionally appear there in the form of crystals. I don't know. If so, this possibly would account for the severe pain some of these patients have in their testicles.

If the medical profession approves of my theory we have found a basis for much more rational therapy in all these different ailments for which we were heretofore practically unable to do anything.

In the short space of time which has elapsed since the crystal theory crystallized in my mind it has been impossible for me to work out a definite, all around satisfactory therapy, especially on account of my limited practice. Besides, the field is so large, the different ailments so numerous and some of them not so very frequently met with that it is impossible for one man to make a sufficient number of observations to prove the correctness of the theory **ex therapia.** This has to be done by the medical profession at large and especially in the big clinics where there is abundant material and all the facilities for close and careful study of the cases, and the sooner this is done the better for suffering humanity. Therefore, I submit now my theory to the profession, tho my present therapeutic efforts are not yet entirely satisfactory. Theoretically the therapy suggests itself; acids, i.e., the reduction of the hyperalkalinity so that the formed crystals may return into solution by the administrations of acids. Which acids, organic or inorganic? And in which form? For many years, I used in lumbago and myositis cases, boric acid exclusively in doses of 5 to 15 grains 3 times a day; but I did not push it consistently because my conception of the whole affair was quite vague and I did not know exactly whether I was on the right road or not. In the last few years a more regular employment of boric acid gave always good results in acute cases, while in chronic cases better and prompter improvements were to be desired. Dietetic measures alone in the form of acid forming foodstuffs seemed to be entirely inadequate. Therefore I was searching for another acid that would fill the bill more satisfactorily. The organic acids did not seem to be so well adapted to the purpose because they are more or less completely destroyed in our system. So I selected sulphuric acid as an acid which has a

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very strong affinity for all bases. I have been using sulphuric acid only since a few months and consequently have not had as yet a very great experience with it, but so far I must admit that the results have been very gratifying. I give it in 30 drops doses of the dilute sulphuric acid 3 times a day in plenty of water after meals. I am inclined to think that in some cases I will have to increase the doses considerably.

It is certainly an advantage to know that there is such a thing as a hyperalkalinity, to know the symptoms of this condition and to be able to neutralize the excessive amount of alkali. But that is only the beginning of it. There must be a deeper-seated cause for the disturbance of the normal alkalinity in the direction of hyperalkalinity just as there are causes for the fairly well-known disturbance in the other direction, acidosis. It appeared to me as highly probable that the cause may be in the disturbance of the function of some of the endocrine glands. As the chief symptom of hyperalkalinity consists of a tired feeling with or without pain I concluded that there must be some hypotonicity of the tissues and decided to make some experiments with the feeding of the extract of a tonus increasing gland, the pituitary. Furthermore, I selected this gland because it contains phosphorous and for that reason may have to do with the regulation of the phosphates in the body which regulation in our cases appears to be disturbed. Here again I must admit that my observations during the last nine mosths have not been numerous enough to warrant any definite conclusions, but, nevertheless, I have been favorably impressed by the good results I have seen in my own and many other cases, especially those of angina pectoris. I give the whole gland in one grain doses once or twice a day.

Since July, 1919, I have had about six months' additional experience in collating therapeutic results. These have been in general almost uniformly good. Acute cases yield promptly while in chronic cases quite a prolonged medication is necessary to effect a cure. In regard to the doses my suspicion was correct. Some patients need a considerable amount and I have given the dilute sulphuric acid up to 150 and even 200 drops 3 times a day.

In regard to my attempted explanation of the hyperacidity of the stomach I would like to add this: It is possible that this production of an excessive amount of acid in the stomach is nothing but the expression of the tendency of the organism under the influence of the regulating nervous system to overcome the hyperalkalinity of the tissues.

At various times have patients who had no pronounced stomach symptoms after treatment for their hyperalkalinity told me that their stomachs felt better than before.

All akroparaesthesias which I have seen in the meantime disappeared rapidly. Three cases of bronchial asthma got

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well. The most striking of these was a boy of 13 years of age. He had had his attacks since he was two months old. During the warm weather he was sometimes free from attacks for one, two or three weeks, but during the colder season he had them quite frequently, up to three times a week. The attacks lasted often three to four days. I saw the boy the first time on September 20th in a normal condition. On September 23rd he had a most typical attack of asthma. His urine was then, as well as on the following days during the attack, acid. I commenced the H_2SO_4 medication immediately. On the 27th he was over his attack and on this date in spite of the acid medication the reaction of his urine was strongly alkaline from which fact I draw the conclusion that he held his alkaline phosphates back during the attack and did not begin to eliminate them until he was over it. Of course, I continued the medication. In the next weeks he had a few very short, mild attacks and since then until today (January 24, 1920) no more. He is getting round and red cheeks and has not missed one hour in school.

The more severe cases of hyper-alkalinity do not rarely form stones in the urinary passages. These phosphate stones are comparatively easily dissolved by the administration of H_2SO_4.

Finally I want to mention an observation I made in the last few weeks, I saw four or five acne cases, and every case showed an alkaline reaction of the urine exactly in accordance with the severity of the acne. In two cases the pustules disappeared promptly, the others I have not yet seen again.

THE WELCOME CHILD

By E. L. Eubanks

"What sign do you think it best for a child to be born in?" a zodiac student asked an elderly woman.

"The sign of parental desire," was the reply, at first unintelligible to the listeners. "I know little of the heavenly bodies and their influence on human destiny, but I do know that the most favorable condition for a normal birth, happy, healthful childhood and successful adult life, is to be desired and planned for our parents before we are conceived."

The old lady was absolutely right, and any thoughtful person must admit it; we see proof of it on all sides every day, every time we are with numbers of people and note physical, mental and moral weaknesses.

The man who would build a house without plans would be called indiscreet. If added to this, he did the work with his eyes shut, he would be justly called silly. But supposing on top of this, he tried deliberately to botch the job, waste the materials

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or erect a structure that would be an eye-sore to the whole vicinity? That would be culpable—at least, it ought to be.

We have a strikingly analogous case in the birth of many children. Without the least preparation of *any* kind parents usher a new life into existence. When without anything in personality or possessions to give the child, they are like the pseudo-builder who has no chart; when they enter the specific relation and assume parental responsibiliteis without consideration, their "eyes are shut"; and when, after conception, they "get a grouch on" and so live as to lessen the coming child's chances of health and happiness, they are culprits—or ought to be.

That heredity is a fundamental modifier of life no one will deny; and with that granted, who can question the advisability of "going into training" for a prospective child? Students of criminology have many times remarked the heavy percentage of "accidents" among the subjects of their observation. How often the hardened evil-doer states—and truthfully—that he was never welcome at home, before or after birth! To know that we are "accidents," and unquestionably most of us are, is bad enough, but the consciousness that deliberate, determined effort was made to avoid our coming, to "sidetrack us," can not but exercise a depressing, inhibitory influence on any sensitive person. I know a man who is going thru life with one eye as a direct result of his mother's attempt at abortion. He tells me that he can not forget that injury; that he never kisses her without hinking of it, that he would give ten years of his life never to have learned of it.

I read in THE CRITIC AND GUIDE that 40,000 illegitimate babies are registered annually in England, that 10,000 of these die during their first year, and that this is twice the mortality among legitimate children. Is not this significant? Illegitimates are no less hardy than others; the difference comes from parental and public attitude toward them; they do not get the care, the encouragement to live, that youngsters born under more favorable circumstances receive. The attendants tell the "story" to each other, whisper around that the baby would be better off dead, etc., and are often guilty of actual criminal neglect. Or if the baby "gets by" the doctors, nurses and solicitous neighbors, its own mother may neglect or abuse it later. Oftentimes the child itself, after it is old enough to understand, wishes it had died in infancy. And I want to say right here that the social attitude that makes this possible, when we all know so well that the illegitimate is no more responsible than other children for existence, is a hellish injustice befitting savages, and belonging back in the barbarous ages.

The undesired child born of legally married parents, tho it has the society-given right to live which is denied the other, may pay dearly for its survival. Often when its parents are illiterate, unreasoning and brutal, the youngster endures everything known to the illegitimate except the stigma.

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I have never believed children the sole aim of marriage. But they surely are one of the big aims. Most normal women expect and desire at least one child, but they have the right to decide this matter. The unwilling mother will not be a successful mother, in the best sense. Particularly when a girl is very young, it is a great mistake for older people to hasten her into motherhood. She should not have a child until she *wants* one, and if she never wants one, after reasonable age and education have been attained, she should never have one. Neither should she receive the censure of self-appointed critics; for there are worlds of important work for women aside from child-bearing—vital tho this is.

I think many childless wives worry, under hte fear that they have committed an unpardonable sin in failing to add their mite to the world's population. For these, the child-placing organizations can do great good. It is frequently the case that a woman of forty has vastly different views about motherhood from what she held at twenty. But at the older age there may exist many deterrents to her having a child of her own. Not only can she make amends for the error of past years—fancied or real; but she can be of greater service now as a foster mother than she could have been then as a real one—assuming that she was unwilling then but willing and anxious now. To such women, adoption opens the door to some of the sweetest joys imaginable. This is why so many adopted youngsters "turn out well," they are *desired* children; the people who take them really *want* them, are willing, and usually able financially, to do for them; and are old enough to have a heart and a head. We must remember that a child is not better or more deserving of a home and opportunities for development merely because it is "ours"; you help the great cause of childhood just as much by caring for one little dependent as another; they are all His children and equally deserving.

As I have implied, some women are over-conscientious about children. Many lecturers, in their wild fear of race extinction, persuade their women listeners that it is every wife's duty to have as many children as possible. They present various proofs and statistics to show that children of large families "turn out better," etc. That is untrue. Admitting that one childr is not enough, generally, hat it "grows up selfish," etc., it does not follow that eight or ten are advisable. If a man and wife are in health and circumstances to justify it, half a dozen children may be all right, tho if the last three or four are unwelcome this is unquestionable; but the average man today is severely put to it to support half that many.

It surely is both sensible and humane not to forget the children already born. A certain father and mother of three

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youngsters adopted two needy little ones from a neighboring city. Fliends remonstrated, arguing "You are still young and well fixed; why not have more children of your own?"

The man's answer was as sensible as it was simple. "I have done my part; now I will help some less fortunate parent to do his, to complete the work he started and was unable to finish."

To care for the child already here means just this moch more than to beget another and care for it: Relief for the former often supports a broken down, destitute mother with numerous other responsibilities. Secondly, avoidance of the risk and strain inseparable from another birth, at best, never inconsiderable. Far be it from me to encourage "race suicide," but human souls that are worth begetting must be worth saving, and quality must be at least equally important with quantity.

PHYSICIANS WHO BECOME POLITICIANS

Physicians who later in life became politicians or statesmen have not shed lustre on the title of M. D. I am thinking of Clemenceau and Leonard Wood. Clemenceau—a man of high culture, but a cruel, revengeful imperialist who came pretty near ruining France irretrievably; it was lucky for France that she came to her senses in the nick of time and forever eliminated the old Mephisto from public life.

As to General Leonard Wood, he possesses neither education nor culture, and as to familiarity with modern thought and progressive movements, he might as well be living in the middle of the18th century. If a liberal idea by chance entered his head, it would cause a dangerous commotion that might result in a cerebral hemorrhage.

And yet he may become President of the United States. For he is the darling pet of our profiteering plutocracy, and at the next election, I fear me, profiteering plutocracy is going to be all-powerful, all-conquering. And yet, who knows?

TRAUBEL'S COLLECTS

A few of Horace Traubel's Collects have been assembled in two groups and are offered as a set. The first group, comprising six subjects, is issued as six separate pamphlets. The second group, comprising twelve subjects, is the April, 1914 number of a unique little magazine called The Glebe, which has been out of circulation for several years. The number of sets available is acutely limited. The price of a set is two dollars. They will be supplied by A. M. Traubel, Camden, New Jersey.

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MEDICINE and THERAPEUTICS

THE ABUSE OF SOAP

Dr. F. Barendt (Liverpool Med. Surg. J., No. 69, 1916) suggests that even the best of soaps can be abused. The alkali may chip and furrow the epidermis and produce slight scaliness over the prominences of the face and hands, the regions of the body the most washed.

Furfuraceous patches on the faces of children are frequent, and it is these patches, due to abuse of soap, which are apt to become inoculated with microorganisms, and finally assume the picture of impetigo. In hospitals the nurses often use too much soap on their patients. The secretion of the skin is sluggish, and the excessive removal of the natural grease leaves the skin rough and branny.

Also, some surgeons are given to too vigorous use of soap and water at the site of the operation.

Pruritus is not infrequently brought about by a too zealous use of soap. The delicate skin of new-born babes is sometimes irritated by the zeal of the nurse in rubbing not wisely but too well with soap and water to remove the vernix caseosa. Abuse of soap causes in many instances intertrigo in infants. Frictional eczemas are invariably aggravated by soap and water.

The best type of toilet soap is represented by a combination of oleate and stearate of sodium. When a harmless soap has been selected it should be used with discretion, that is, not too frequently nor too energetically and especially should care be exercised when using it on sick persons and children.

MACROCHEILIA OR THICK LIPS

Drs. Frederick B. Moorhead & Kaethe W. Dewey (J. A. M. A., Sept. 27, 1919) call attention to macrocheilia, or enlargement of the lips, which appear twice, thrice and even six times as large as normal. The abnormality has been so marked in some cases that such a mouth has been compared to a snout or trunk. One lip or both may be involved; macroglossia may be associated with it. As to the etiology of macrocheilia, several theories have been advanced, but a satisfactory and generally accepted explanation has not yet been given.

Macrocheilia is generally congenital; but it may also be acquired. In women the condition is apt to arise at the beginning of menstroation, during pregnancy or at the menopause. A remarkable case was one reported by Sonntag, in 1914, which occurred in a man, aged 47. The lower lip and the tongue were enlarged to such a degree that the patient was unable to bite or chew, or to keep the tongue within the mouth except by holding it back with the hand. The opera-

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tion reported by Sonntag gave satisfactory results. Successful treatment with radium has also been reported.

PERIODIC EXAMINATIONS OF THE URINE

A detailed chemical and microscopic examination of the twenty-four hour urine of every person who has reached the age of 40 or over, should be made once every year for any indications of renal changes that may have developed. The records of examinations covering a period of two or more years should be carefully compared and studied in every detail to note any changes that may have occurred.

When such annual examinations of the urine are made, it is not at all unlikely that the kidney trouble, if discovered early, can be checked and perhaps cured by good medical advice and treatment.—Dr. J. Bergen Ogden.

BEESWAX IN THE BLADDER

R. Hottinger (Corresp. Bl.f. Schweizer Aerzte 6, 14, '19, thru N. Y. M. J.) reports the case of a boy, aged sixteen, who introduced a bougie (candle) made of beeswax into his urethra as a means of preventing himself from wetting the bed. The bougie slipped into the bladder and set up an obstinate cystitis. Boric acid solution was injected into the bladder and then about twelve c.cm. of xylol, which, being lighter than water, floated together with the wax, on the solution and dissolved the latter. The patient was directed to massage the region of the bladder from time to time by pounding it, so as to hasten solution in the same way as by shaking a test tube. The patient complained of moderate burning, but of nothing serious. After four hours he passed a milky fluid from his bladder, from which the wax was separated as it cooled. Immediate cystoscopy showed the bladder free from wax. The cystitis subsided rapidly.

MENTAL DISTURBANCE AND GASTRIC DISEASE

W. Plönies (Arch. f. Psych. and Nervenkrankh, vol. 46) expresses the opinion that a definite relationship exists between the nervous system and the digestive apparatus of such a character that disease of the stomach may condition mental disorders. Impulsive ideas as a symptom of stomach lesions were observed in upwards fifty-three per cent. among women in one series of statistics. It is presumed that the mental state is induced by a toxemia which acts more vigorously the greater the psychopathic heredity of the individual. The author concludes that various mental disturbances other than impulsions may likewise be related to stomach disorder and that a definite relationship exists between the psychosis and gastric disorder.

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OBLIVIOUSNESS OF ONE'S ORGANIC FUNCTIONS

Every organ and structure in the body is represented in consciousness, but happy is the individual who is oblivious of the functions of the organs of digestion, circulation and respiration; for, if the mind dwells upon these organic functions, their normal automatic action is disturbed, discomfort and pain result, which reacting back upon consciousness, add to the mental apprehension and a vicious circle is soon established.—Dr. F. W. Mott.

SUGAR A NON-ESSENTIAL

The N. Y. M. J. (10, 11, '19), editorially, recalls the fact that before man turned to agriculture the sole source of sugar was wild honey—a very limited supply of which was available at any time. As late as the days of Queen Elizabeth sugar was little more than a curiosity in England, but the per capita consumption of sugar in Great Britain in 1914 was estimated at about forty-eight pounds, while the U. S. consumed about seventy-five pounds annually for each member of its population.

It is true, sugar is a food in a most concentrated and palatable form, and for this reason it is a valuable food for persons doing heavy manual labor, tho they are the ones who get relatively less than their share. The consumption of candy, which has grown enormously of late years, is fraught with danger, mainly from two viewpoints. First, that it is eaten between meals and tends to prevent the use of a normal amount of the ordinary foods at the regular meal time. The other danger is that when eaten between meals it clings to the teeth and is likely to cause fermentation, producing an unhealthy condition of the gums. While it would be extremely inconvenient to have to forego the use of sugar in coffee or tea, sugar is by no means a necessity and the health of the community would probably be improved by a sugar shortage rather than undermined.

THE NEURASTHENIC HYSTERICAL WOMAN

Dr. Mayer Shoyer (Med. Council, Oct., 1919) suggests that there is a disease partaking both of hysteria and neurasthenia, but whose course is milder than the severe grades of hysteria or neurasthenia. It may be that in the etiology, heredity plays a part, but environment is a prominent factor, such as the steady grind and lack of recreation of the woman who lives on the farm, and luxurious living among certain classes of society. Among the symptoms there is a depression, physical exhaustion, irritability, discontent, headaches, palpitation of the heart, constipation. In neurasthenic hys-

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teria one must be careful not to overlook some basic organic lesion; every organ is to be investigated; sometimes a corrected eyestrain simplifies treatment. Prophylaxis is of importance. A child with a neurotic tendency should have her physical and mental forces conserved. The young mother should be taught how to care for herself.

Hydrotherapy is to be recommended. In the morning before rising the spinal pad (a folded bath towel) is wet with cold water and applied for five or ten minutes. This is followed by massage and friction of the muscles.

Electro-therapeutic treatment is useful if only for its psychic effects. Mental therapeutics is useful and should be used persistently. Many patients are greatly benefited by absolute rest in bed, with a trained nurse in attendance and isolation from solicitous friends.

Treatment with drugs has its place. For the physical exhaustion one may prescribe the glycerophosphates, or a combination of tr. of nux vomica, acid hydrochl. dil. in the elixir of calisaya, or lecithin to stimulate metabolism. There is no harm in the limited use of the bromides alone or in combination with valerian or asafetida. If insomnia is present, it is easily controlled with chloretone, grs. 10 to 15, at bedtime in capsules or wafer. If the hysterical element is pronounced, benzyl benzoate is worthy of trial.

All patients with neurasthenic hysteria should have the eyes examined by a competent ophthalmologist.

REMOVAL OF FOREIGN BODIES FROM THE BLADDER BY THE NATURAL ROUTE

Dr. George Luys recommends the direct vision cystoscope for the rapid and effectual removal of foreign bodies from the bladder.

He describes the case of a woman, aged 26, who had allowed a hairpin to enter her bladder. The "accident" had taken place nine days previously. Since then she had frequent, difficult, painful urination. On introducing the direct vision cystoscope the pin was seen occupying the classical transverse position. The object was brought into the anteroposterior position and then extraction was easy and painless. It was a fork-shaped celluloid hairpin, 7½ centimeters long, and already incrustated at the points. The patient was able to take the train for her home that evening.

A girl, aged sixteen, with symptoms of acute cystitis attributed her trouble to overwork in the factory but finally admitted that some time previously she had permitted a wire hairpin to enter her bladder. By the aid of the direct vision cystoscope the object was readily discovered and removed. [Poor women. People would be astonished if they knew how often a hair-pin is found in a girl's bladder.—W. J. R.]

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A woman had been operated upon by a hospital surgeon and a subtotal abdominal hysterectomy had been performed for a fibroma of the uterus. Her abdomnial pain persisted. Diagnosis of an abscess of the broad ligament was made and a vaginal and another abdominal incision was performed. The pains increased. Another physician was consulted. Cystoscopy revealed an acute cystitis, which improved under local treatment. By means of the direct vision cystoscope a tangled mass of silk thread, thirty centimeters long, and situated at the posterior wall of the bladder was discovered and removed, saving the patient from a hypogastric operation and considerably improving her condition.

Other cases in which the direct vision cystoscope is used are those of phosphatic calculi found in the bladder quite frequently, principally in women. This treatment, Dr. Luys points out, permits complete removal, doesn't require general anesthesia, is absolutely free from danger, and the patient can continue his, or her, occupation, even on the day of the operation.

After introduction of the direct vision cystoscope into the bladder and discovery of the phosphatic deposits, a pair of forceps is introduced thru the cystoscopic tube, the fragments are grasped and lifted outside the tube. The postoperative procedure consists of copious irrigations of the bladder with a warm boric acid solution. Introduction of a sound is not necessary. The patient goes home and drinks a quantity of warm water with a little urotropin. No other treatment is required.

NEWS FROM BABYLAND

In 1913 the French Government passed a law, the provisions of which have been extended during the war, granting an allowance to poor mothers for eight weeks, of which four at least must be subsequent to the birth of the child; and in August, 1917, employers were put under a legal obligation to give rest periods to nursing mothers. For promoting the welfare of the children as they emerge from babyhood, nursery schools are being founded.

In Germany new crèches have been established. Aid has been given to necessitous mothers from Imperial as well as from the sickness insurance funds; and small allowances are made by the invalidity insurance associations, and even by fire insurance companies, inasmuch as unattended children often set the house on fire. In both countries the local authorities are taking a larger and larger part in the maternity welfare movement, and subsidies are granted by the Central Government. A noticeable feature of the work is the dislike of the women for the public institutions. Most mothers regard their relatives or neighbors as better custodians of the children than teachers or nurses.—The Eugenics Review, July, 1919.

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GONORRHEA OF THE RECTUM IN WOMEN

H. Boas (Hospitalstidende, Dec. 17th, 1919) has for the past two and a half years systematically examined the rectum for gonococci in every case of gonorrhea in women. He found gonorrheal proctitis in 14 out of 88 cases; that is, in 16 per cent. Unlike other observers, he came to the conclusion that the disease is a comparatively benign complication of gonorrhea, and that it responds readily to irrigation with a 1 in 3,000 solution of potassium permanganate at a temperature of 40° morning and evening. In a few cases that proved refractory to this treatment it was supplemented by irrigations with a 2 per cent. solution of protargol. As the proctitis often provokes no symptoms it is apt to be overlooked and untreated unless the rectum is examined in every case as a matter of routine.

APOTHESINE IN THE VOMITING OF PREGNANCY

Dr. Louis Levy, of New Orleans, recommends (Therapeutc Gazette, January 15, 1920) apothesine in doses of ⅛ to ¼ grain as a sovereign remedy in relieving the nausea and vomiting of pregnancy. He has had such good success with the drug in the vomiting of pregnancy that he has used it in postoperative vomiting in the same manner and with equally gratifying results.

AN IMPROVED TEST FOR THE DETECTION OF SUGAR IN URINE

Haines' solution for glucose in urine is well known. The author of this test, Dr. Walter S. Haines, in collaboration with Dr. G. P. Pond and Ralph W. Webster (J. A. M. A., January 31, 1920) now propose an improved formula. The composition of the improved Haines' solution is as follows:

Copper sulphate	5 gm.
Glycerin	250 c.c.
Potassium hydroxid	20 gm.
Distilled water to	1000 c.c.

"The copper sulphate is dissolved in a mixture of the glycerin and an equal amount of water, with the aid of gentle heat. The potassium hydroxid should be dissolved in about 200 c.c. of water and added to the copper solution with constant stirring, the whole being made up to volume with distilled water. This solution keeps indefinitely, altho with many of the specimens of glycerin now obtainable on the market a reduction may be observed. If, however, the solution be allowed to stand in a warm place for forty-eight hours, the clear supernatant fluid may be decanted or filtered from the precipitated cuprous oxid, without impairing its delicacy.

This solution may be used in the same manner as directed for the original Haines' solution, but a much more delicate

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and beautiful reaction is obtained as follows: Heat about 5 c.c. of the copper solution to boiling in a test tube, remove from the flame, anl hold at an angle of from 30 to 40 degrees. To this add, by means of a medicine dropper, from 10 to 20 drops, of the urine, freed from phosphates, in such a manner that a distinct zone of contact is formed between the copper solution and the urine. The tube is then placed in an upright position and the reaction noted. If sugar is present in quantities exceeding 0.1 per cent., a brick-red or yellowish ring will immediately appear at the junction of the two liquids. If the amount of sugar is less than 0.1 per cent. ranging down to 0.03 per cent., the ring will appear in from a few seconds to slightly less than a minute, the smaller quantities showing slower reactions with a tendency to a more yellowish color of the ring. In urines containing no pathologic sugar, no ring of any kind will be noted at the zone of contact."

It is stated that from 50 to 80 per cent. of American girls suffer from dysmenorrhea.

Many of the women seeking aid for amenorrhea are not pregnant; the delay is due to some other cause than pregnancy.

Cancer of the uterus occurs once in every three cases of cancer in women and is uncommon in nulliparae.

Remember that pregnancy may exist and nevertheless menstruation occur once or even oftener.

Prolonged lactation may cause excessive involution of the uterus.

A pregnant woman or a woman who breast-feeds her infant is in a better condition to nourish the offspring properly if her teeth are sound and her mouth is clean and wholesome.

Chocolate and cocoa are exceedingly nutritious beverages, containing a large percentage of flesh-forming material. A very rich food is obtained when either of them is prepared with milk and then whisking in a raw egg.

The belief that fried or moderately greasy foods give the stomach appreciably more trouble than others has not been supported by experiments.

It has been found that frizzled beef with scrambled eggs is digested as easily as scrambled eggs alone. Eggs and meat appear to form a desirable combination from the standpoint of gastric digestion.

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OF GENERAL HUMAN INTEREST

THE MISUSE OF TOYS

. . . The best way to make the child happy is to keep him well and to amuse him by simple means. Some of the happiest children in the world are to be found among savage peoples: children who spend most of their time in the open, who have simple food (from which, by the way, milk is often conspicuously absent), who indulge in merry games, delightful to witness, and whose scanty toys are of the simplest and most primitive kind. Children are none the happier for being pampered, and it is well known that a little girl will often lavish more affection on her roughly-fashioned, home-made doll than on the most costly specimen procurable at the toy-shop. We are all familiar with the over-pampered hothouse child of rich parents, who is not allowed to romp about with other children and get his proper share of knocks and bruises, and whose nursery is a veritable museum of expensive toys. Such lavish indulgence in non-essentials is doubly wrong—it is bad for the child and bad for the State. It is our plain duty at the present time to concentrate attention on essentials. To fashion expensive toys, and to deck out dolls in costly flummery is a wanton waste of time and labor, and shows a total misunderstanding of national needs.—"Medical Press."

MAN A COWARD BY NATURE

Probably man is not a warrior by nature. Cowardice is much commoner than courage, and the natural fear of death that underlies our consciousness is only transformed into a contempt for it by the power of example, education, the influence of moral ideas and standards, and the force of passion that obscures the consciousness itself. Early man probably only attacked when he was certain of his superiority, and the risk of battle seemed in proportion to prize of victory.

Hobbe's famous saying that man is a wolf to man must be accepted with the limitation that he is a wolf that attacks sheep, and makes off when he mees with resistance.—Dr. Max Nordau.

THE POWER OF SUGGESTION AS REPRESENTED IN RASPUTIN

. . . A skillful orator who can once succeed in evoking strong emotional response in his audience is in the most favorable position for transmitting any proposition by suggestion; any assertion is then likely to be received unquestionably and with the strength of conviction any suggestion can be resolved into action.

An orator of the ecstatic and fanatical type will endeavor, by working himself into a frenzy of excitement, to throw him-

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self into the subjective state, for thus he is in the closest rapport with his environment. This is the secret of the power of demagogues and of other worthless and otherwise insignificant individuals. It is said to have been the method of one of the most extraordinary characters of modern times—Rasputin, a gross, illiterate, debauched and fanatical Siberian monk, who, up to the time of his murder in December, 1916, had the reputation of being the most powerful man in Russia. According to the few reliable accounts of him that are obtainable, the influence of this man's personality and the religio-erotic frenzies which characterized his ministrations were such that women of the highest culture and refinement would prostitute themselves, body and soul, in obedience to his suggestion, ministers and high state officials habitually sought his favors, and among the masses he was a constant object of idolatry.—George Pitt-Rivers: "Conscience and Idolatry."

WHAT IS A PARANOIAC?

The paranoid condition is so often mentioned in the courts and in the daily press that it seems worth while to answer the question so often asked: "What is paranoia."

The victim of paranoia may be, and often is, in some directions, exceptionally bright. His keenness in argument may make the examiner use his best wits to hold his own, if indeed he succeed in doing so. The trouble with the paranoiac is that his reasoning processes, however brilliant, are distorted thru his fixed, erroneous ideas regarding his relations to society.

The erroneous idea may be, for example, that he is the victim of conspiracy. The following is a case in point:

A gentleman complained to the police that the people in his boarding house annoyed him. His statements aroused the suspicions of the officer in charge, who referred him for examination to an alienist. The alienist reported that he was paranoid, but that it was not wise to take steps against him unless he committed some overt act or in some way made himself troublesome. The complainant promptly sued the police, the doctor, and a former colleague, whom he regarded as the source of his persecution, and whom he was sure he saw in hiding at the time of his examination by the doctor. He enlisted the sympathy of a lawyer who undertook his case, opening with a very effective plea, setting forth the humiliation to a sane man of being subjected to such an examination. The plaintiff testified in his own behalf, and made an excellent impression until it came to the cross-examination, when he allowed that he believed his former colleagues to be at the head of the conspiracy, and that at least three independent fraternal organizations were in league against him. At this point the case was dismissed by the court.—Dr. G. L. Walton: "Pey Along."

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THE PSYCHOPATHOLOGY OF SUICIDE

From a study of 268 patients who attempted or threatened suicide, Dr. Max Sichel (Deutsche Medizinische Wochenschrift, vol. 37, p. 445) has reached the conclusion that of all mental abnormalities, congenital weakmindedness plays the smallest role, for these patients rarely go beyond empty threats.

Hysterical patients often speak and write profusely of their disgust with life and their desire for death and sometimes make the most elaborate preparations which in themselves are a guarantee that someone will interfere at the last moment. Sometimes, however, the expected rescue does not take place and unintentional suicide results. There are a few hysterical patients who may make serious attempts after an unexpected emotional shock. Epileptics may commit suicide either in an attack of fury or one of depression.

The so-called psychopathic personalities furnish a large contingent as they lack mental balance and live in a world of desires and intentions without contact with real life. The contrast between their dreams and reality leads to contempt for life.

Of dementia precox patients, those suffering from the hebephrenic form are least liable to commit suicide.

Paranoiacs may do it under the influence of some delusion or an imperative hallucination.

By far the most frequent suicides are met with in connection with the depressive phase of maniac-depressive insanity, and in the melancholia of the menopause where self-accusations and utter hopelessness are so much in evidence. The suicidal tendency here is not merely temporary but frequently constant and present in each attack. Tendency to suicide often runs in families.

Psychic contagion also plays a role, as one suicide in an institution is apt to stimulate several others.

In the writer's experience, the opium treatment of melancholia has great value as a preventive measure, and so have prolonged baths.

PHYSICAL AND MENTAL EFFECTS OF CASTRATION

Men made eunuchs in childhood grow taller and have larger frames than average men. Eunuchs are also fatter. Their cheeks are round and the chin is apt to be double. The hair of the pubes and of the face does not grow; eunuchs are beardless. Those in whom the penis is removed use a tube to assist micturition. Dr. E. Andrews (J. A. M. A., vol. 30, p. 176) suggests that this is done for two reasons: One: To convey the urine clear of the person and of the clothing;

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Two: To prevent the contraction of the cicatricial orifice, which, unless attended to, is in some patients prone to form a stricture. Eunuchs, like women, are less subject than men to the occurrence of stone in the bladder; when old they probably are free from senile hypertrophy of the prostate gland. [No question that they are, because removal of the testicles causes atrophy of the prostate.—W. J. R.] Eunuchs preserve the high pitch of the boy's voice, and therefore it is a favorite practice in some churches to have boys instead of women to sing soprano and contralto.

It has been asserted that if castrated young the eunuchs remain indifferent to female attractions and reformers have advocated the castration of adult criminals under the assumption that their sexual temptations would be removed by the simple ablation of the testes. This is all false. The Turks know better and have no confidence in that kind of moral reform. They require that their eunuchs shall be castrated in childhood and that the operation shall remove scrotum, testes, penis and all. The Roman poet Juvenal suggested that in simple castration of the testes the eunuch, excited by "soft kisses," could still obtain an erection and gratify his desires, "without there being any necessity for an abortion afterward" (Sat. VI, 366). As a matter of fact, men castrated in adult life often retain a troublesome amount of sexual desire, and even if castration is done in childhood there is by no means a total absence of it, altho it is much lessened.

As to the moral qualities of eunuchs, lots of contradictory assertions have been made by ignorant observers. The Persians, Assyrians and Romans entrusted the highest responsibilities to their eunuchs with success, which shows that they were not at that time weak, deceitful, and corrupt beyond oher men as those of Turkey are now accused of being. Smith's "Dictionary of the Bible" says that they are "full of a blind malignant jealousy." This seems absurd. Why should a eunuch be jealous?

A highly educated Armenian physician of New York who practised thirteen years in Constantinople and knows many eunuchs, says: "To my knowledge they are brave, faithful and accurate in their duties. . . They are melancholy because they feel their isolation and deprivation of many enjoyments."

This same physician says that the common statement that eunuchs are malignantly jealous is an amusing blunder of Western travelers who do not understand the laws and etiquette of Constantinople. The truth is this: When any of the ladies of the harem go out to ride, one or more eunuchs go with them as protectors. In Constantinople it is a serious insult to any royal lady and thru her to the sultan, to stare intently at her in passing. The eunuch's duty is to protect her from that or any other insult by instantly attacking the

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offender, whom he may beat or even kill, and no questions will be asked. Western Travelers have supposed him to be actuated by "malignant jealousy." The fact is there is no more personal jealousy in him than there is in a paving stone. He is simply doing his duties as a harem guard and he takes pains to execute it with such an appearance of alertness and force as will satisfy any imperial spy that may be watching him that he is an officer who understands his business and guards his ladies with "vim and snap." By doing this he hopes to stand well at the palace as a protector of the ladies and to obtain future protection.

After all is said, if we except the weakened sexual emotions of the eunuchs, it seems their powers of mind are as strong and their morals as good as those of other men brought up under similar training and surroundings.

MEDICALLY INTERESTING NOTES ON THE BEDOUIN ARABS

The physical condition of the Bedouin Arabs is medically interesting from more than one point of view. In spite of their *absolute temperance* and *open air life,* they decay prematurely. Well made and handsome in youth, at 40 their beards are grey; at 50 they are old; the age of 60 is reached by few. From childhood up they are in hard training, eating but once a day, and then sparingly. This regime uses up the body rapidly and the reaction quickly follows. Men of forty complain of indigestion, rheumatism, cardiac troubles, etc. In youth, ill health or defective powers are unknown, but a man who falls seriously ill has little chance of recovery. The Bedouins have no great muscular strength, but they are active and enduriny. They are patient and humane, and seldom allow their passions to pash beyonl control. No drink stronger than "lebben," or sour milk, is known among them. They look upon the use of all fermented liquors as disgraceful. The women are proportionally tallen than the men. The younger women do all the labor of the camp, fetching wood and water, setting and removing tents, milking, and cooking. They live apart from men, except their nearest relatives, but have plenty of sóciety amongst themselves. Unlike the gypsies, in mental qualities the women of the desert are usually far below the men.

THE POWER OF SYMBOLS

Symbololatry is a common trait of humanity and few men analyze the symbols they worship. . . . The power of words and symbols is entirely independent of their real meaning. . . . The most meaningless and the most obscure phrases are, as a

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rule, for that very reason the most potent. Such terms as liberty, equality, democracy, socialism, etc., whose meanings are so vague that whole libraries do not exhaust their possible interpretations, are solemnly uttered as tho they were magic spells, at the very sound of which all problems disappear. Symbolism and mysticism form the fanatic's charter of license. They revel in the dim obscurity which intensifies the false brightness of their symbols. They welcome the emotional domination of their minds that they may abandon themselves to passions and feelings, and by developing their subjective powers infect the masses with their madness. . . .

As long as men are dazzled by symbols and governed by emotions, and there is at present no sign of change in this respect, a strong hierarchy capable of evoking respect for its values alone can save a state from disintegration, anarchy and social decay; but only if that hierarchy is composed of the highest, noblest and most enlightened in the race can those values be the best possible, and can they continue to improve *pari passu* with advancing civilization.

The alternative, the increasing despotism of the many, articulating thru the voice of demagogues, resulting in the gradual extermination of the few and the highest, and in the imposition of values growing ever more false, points the way to decadence and barbarism.

Evolution implies decline no less than advancement, and the "survival of the fittest" in the former case means the survival of the lowest and most degraded.—George Pitt-Rivers: "Conscience and Fanaticism."

In India, which is a vegetarian country, there is very little cancer and appendicitis. These people contend that we have so much of these diseases because of the large quantities of meat we eat.

The most hazardous occupation is being a baby.

The infant mortality rate may be taken as the barometer of the social welfare of the community.

Lewis M. Terman ("The Hygiene of the School Child") states that 500,000 (2½ per cent) of American school children have organic heart disease, and at least 1,000,000 (5 per cent) are predisposed to some form of serious nervous disorder.

Whooping cough, with its complications, is the most fatal of the acute infectious diseases in infants under five years.

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NOTHING MATTERS

Go out and look at the glorious full January moon. See it in its roundness, with the old mountains and valleys in plain view. Then think of it as only a chunk, and not a very big one at that, hurled off with our small handful of planets from the sun,—which in itself does not amount to so very much as suns go. Lord! but everything we know about is so small.

I would like to go to some of the old valleys of the moon and hunt up bones of animals which lived there before plant life on the moon had used up all of its water, in the same way as things are now going on with us. This earth will soon be like the moon and it makes very little difference if in the meantime Jones manages to form a new school in literature, or Smith succeeds in making a million dollars, or Brown completes his engineering project with a tunnel, or White wins his case in Court. All of these things seem to be tremendously important right now, to those of us who are impatient for great accomplishment. All of men's affairs are very small, no matter whether men win or lose, because this earth, like the moon, and even the sun, are such little things when we compare them with the rest of their cousins in the zenith.—Robert T. Morris: Microbes and Men."

DANGEROUS INCREASE OF THE WORLD'S POPULATION

According to the J. A. M. A. (11, 22, '19), G. H. Knibbs, the statistician of the commonwealth of Australia, has written a monograph in which he views with alarm the rapid increase in the world's population and predicts a world catastrophe as an inevitable result. Knibbs puts the population of the earth for the year 1914 at 1,649,000,000, or about thirty-nine million in excess of the estimate of Jaraschek, the French statistician, for 1910. The annual rate of increase in the world's population for the five-year period 1906 to 1911 Knibbs estimates at 1.159 per cent of the population. Should such a rate of increase be continued, it must result in a severe strain on the resources of Nature. Knibbs asks whether medical men in future will take a stand in favor of so colossal a population that the masses will scarcely be provided with the bare necessaries of life, or will they favor birth control and a limitation of births in such a manner that the population of the earth shall never be greater than can be adequately provided for on a high plane of physical, mental and moral existence?

OUR HELLISH CIVILIZATION

Everything that we eat or drink contains poison that affects not only our bodies but our morals too. Borax, sulphuric acid, bisulphites, alum, sulphate of copper, and hundreds of other more or less unwholesome substances enter our bodies, as falsehood penetrates our souls.

Mankind, with equal ease, accommodates itself to false-

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hood in the moral and in the religious domain. While the religion of Jesus commands man to love his neighbor as himself, the governments which proclaim themselves pre-eminently Christian are in their morals on a level with cannibals and practice stratagems worthy of the worst criminals. Spying upon one's neighbor, a practice which is repugnant even to convicts, is pursued eagerly by all the civilized powers. The nations are jealous and prey upon each other, in the name of the same Christ who enjoined upon them love and mutual respect. . . .

Each profession subsists upon an inexhaustible capital of professional falsehoods. . . . Everywhere the same cry reaches our ears: we must lie, for falsehood is the basis of life as man has made it for his own profit and for the profit of other men. Whoever desired to destroy the integral falsehood, that supreme basis of the relations between individuals and governments, would be declared the enemy of the people and of his native land. He might even incur capital punishment for seeking the triumph of subversive truths. And all this is the work of man, created by man, for the profit of man! —J. Finot: "The Problem of the Sexes."

RIFLE BULLET IN BLADDER

Major F. R. Brown reports the following interesting case in the British Medical Journal (Feb. 14, 1920):

"On the night of September 2nd, 1919, Pte. J. B., aged 20, was troubled with an "itchy sensation" in the urethra and tried to relieve this by passing a rifle bullet into the meatus. This he accomplished without pain or discomfort, and "suddenly the bullet slipped right down and disappeared." He at once reported to his medical officer, who passed a catheter into the bladder, meeting no resistance. He was sent to hospital on September 4th and came under my care on September 8th.

During these six days after his "accident" the only symptoms complained of were occasional slight delay in commencing micturition and a sensation of something inside the bladder. He stated that he could feel the bullet change its position when he rolled over suddenly in bed or if he stooped forward quickly. X Rays showed the bullet lying transversely in the pelvis. Chemical examination of the urine showed no abnormality, but a catheter specimen taken just before operation and examined microscopically revealed ample evidence of infection—the bacteriologist reporting "numerous organisms present: pus cells; oxalate crystals and epithelial (bladder) cells."

The bullet was removed by suprapubic cystotomy (extraperitoneally) on September 10th, the bladder wall sutured in two layers and the wound closed without drainage.

Apart from a mild degree of cystitis which rapidly responded to treatment the patient made an uneventful recovery and was evacuated on October 2nd, 1919.

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CRITIC AND GUIDE

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WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, JUNE, 1920 No. 6

DR. JACOBI'S COLLECTED WORKS

For over sixty years Dr. Jacobi, rightly called the Nestor of American Medicine, wrote, spoke, lectured, joked, counselled and advised. His writings collected in eight splendid volumes under the title COLLECTANEA JACOBI constitute his best monument. But a very few sets are left and the volumes will not be reprinted.

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EDITORIALS AND EDITORIALETTES

DR. JACOBI'S NINETIETH BIRTHDAY

We were all getting ready to celebrate the 90th birthday of Dr. A. Jacobi, and had he lived ten months longer, to-day would have been the day of the celebration. As it was, we had to celebrate his memory instead.

I have just returned from the meeting of the Academy of Medicine in which a bas-relief of Dr. Jacobi was presented to the Academy. It is too bad the dear old man is gone. He has left a real void which nothing can fill. The presentation of the bas-relief was made by Mr. McAneny, his son-in-law. The gift was accepted by the President of the Academy, Dr. George D. Stewart and the address of the evening was made by George Vincent, President of the Rockefeller Foundation. And it was one of the finest addresses that it has ever been my pleasure to listen to. It is seldom—never would be more correct—that I attend a meeting at the Academy without feeling bored and disappointed. This was one of the few rare exceptions. It was a treat. Will physicians ever learn

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to speak the way educated laymen of the type of Mr. Vincent do? I doubt it. But let us hope so.

THE OPENING OF THE BRONX HOSPITAL

At last, after many vicissitudes due to the war, to strikes, shortage of labor, high cost of material, and other unforseen circumstances, the new building of the Bronx Hospital was opened yesterday, May 9th, in the presence of an enormous and very enthusiastic gathering.

Again one cannot help regretting that Dr. Jacobi could be present only in spirit at the opening of the hospital in the fortunes of which he was so deeply interested. It was really remarkable how near to his heart the Bronx Hospital was. He attended the meetings of the Medical Board which for several years took place in the editor's house more regularly than many of the younger members and whenever he was unavoidably absent he invariably sent an apology. It would be well if the younger members of the profession were inspired by the same sense of duty, the same spirit of service, which did not forsake the Nestor of Medicine up to the very last day of his life. While we cannot have Dr. Jacobi with us in body, his memory will always remain with the Bronx Hospital as an inspiration to service, as an appeal for suffering humanity, regardless of age, race, color or creed.

THE NEW ORLEANS MEETING OF THE AMERICAN MEDICAL ASSOCIATION

Why will physicians travel hundreds and even thousands of miles to attend a medical meeting? Why did thousands of physicians travel to New Orleans to attend the meeting of the American Medical Association? Why the medical politicians and leaders attend is easily understood. This is their trade. The attendance at the meetings is necessary for them to maintain their prestige and their leadership. It is breath in their nostrils. We can also understand why people who are scheduled to read or to discuss papers will go to the trouble of breaking up their practice and traveling long distances. But why does the ordinary physician go? I suppose it is the herd instict, or perhaps the desire to have a little vacation. I wonder if the descriptions in the journal of the American Medical Association of the great scientific benefit and of the wonderful entertainments in prospect have something to do with the average doctor's decision?

Why did I and Mrs. Robinson go this year? We travelled two days and two nights one way, two days and two nights back in order to spend three days in New Orleans. The only explanation I can find is a temporary aberration of the mind. Perhaps the foolish romantic desire to revisit the city which I visited 17 years ago, namely, in 1908, also during the

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meeting of the American Medical Association had something to do with it. But at that time I was much younger; things that seemed to me of great and vital importance then seem to me of little or no importance now. At that time the question of proprietary preparations loomed so large in my mind that it obscured almost everything else and the paper which I read at the meeting entitled "The Composition of some so-called Synthetics and Ethical Nostrums" created quite a furore and I felt very highly satisfied with my effort and with the attention it created. But why did I go this time? As I say, I don't know, but having been there I suppose I must write a few lines about it.

Was the meeting a success? No doubt our official journal, the Journal of the American Medical Association, will declare it to have been a great success as it declares every meeting without exception to have been a success, but in my opinion it has not been a howling success or even a very mild success. Merely because 3600 physicians have registered does not make the meeting a success. The accommodations were wretched and the people were robbed left and right. When I was in New Orleans the last time, in 1903, when grafting had not yet become the fine art that it is now, you could get a room at the St. Charles for $3.00 to $5.00 including four excellent meals a day. There was a superabundance of food and one only wondered how they could give so much for so little. This time we paid $12.00 a day for a very mediocre room and **for the room alone.** A similar amount had to be spent for food. The city has not changed much. While it has improved from a sanitary point of view it has lost that distinctiveness which at that time gave it a certain charm of its own. Now it is trying hard—and succeeding—to look like a commonplace American city, say, like Buffalo, Chicago, or New York.

By the way, 3680 physicians registered. At a very moderate estimate the trip and the stay in New Orleans cost each physician $100. This is a very conservative estimate. That makes a total of $368,000. But $150.00 would be nearer the actual figure and a conservative estimate would be that the meeting cost the profession half a million dollars. Has it derived that much benefit? I doubt it very much. And **en passant,** if the profession was asked to contribute half a million dollars for our starving colleagues and their families in Europe, how eagerly would the profession respond? Five hundred thousand cents would be nearer the amount that we would succeed in collecting.

From a scientific point of view such meetings are, of course, worthless. Listening to the monotonous reading of a paper does not teach one much. You can always derive much more benefit from reading a paper than from listening

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to it. The scientific exhibit was not much, while the commercial exhibit was housed in such wretched barracks that it was with difficulty you could get in there and examine things. The entertainments were a joke. No, New Orleans is not a convention city and I trust that it will not soon aspire to the honor of having the American Medical Association meet in it again.

I presume you are interested to learn who was elected President of the American Medical Association. I will tell you. Dr. Hubert Work. If you should ask me what scientific work Dr. Work has done in medicine to entitle him to the highest gift in the power of the American Medical Association I would have to answer "Search me." His scientific attainments are extremely meager. I would say they are nil, except for the fact that he is a nice witty gentleman and I do not care to offend him. But he is a thoro politician; that you must grant him. And politicians in the American Medical Association are just now in greater favor and possess more power than do mere scientific physicians.

THE ASININE PHYSICIANS OF LONG ISLAND

Read the two letters that follow and you will know what the matter is about:

Dear Doctor Robinson:

Enclosed is the copy of a letter which I have sent to the one thousand members of the Associated Physicians of Long Island. It may interest you.

With best wishes and assurances of my personal regards,

Yours very truly,

J. P. WARBASSE.

April 6, 1920.

Dear Doctor:

On March 26th, I received the following communication from the Associated Physicians of Long Island:

March 25, 1920

Doctor James P. Warbasse,
384 Washington Ave., Brooklyn, N. Y.

Dear Doctor Warbasse:

I am instructed to inform you that at a meeting of the Associated Physicians of Long Island held January 31, 1920, at the Methodist Episcopal Hospital, Brooklyn, N. Y., the following resolution was adopted by the Society: "That the views of Doctor James P. Warbasse, as expressed in articles in the Long Island Medical Journal in the issues for April 1916, March 1918, and May 1919, are hereby condemned and repudiated by the Society and that in the opinion of the Society, the resignation of Doctor James P. Warbasse would be conducive to the best interests of the Society."

Very truly yours,

(Signed) JAMES COLE HANCOCK,
Secretary.

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This means that your Society has gone on record as requesting the resignation of a member because of the expression of his opinions, which were published by its official organ.

Whether these opinions are in conformity with the facts of history and economics time will prove.

In compliance with the request of your Society, I have to-day tendered my resignation.

As this resolution is in the name of the whole Society I imply that it has your approval, and that in resigning I have acted in accordance with your desires.

With best wishes,

Sincerely,

JAMES P. WARBASSE.

The past five years have had a disastrous effect on my heart and blood pressure, and my good doctor friend tells me to take things easy, not to read anything or write anything that is apt to excite me. It is an excellent piece of advice and I try to follow it, but I must confess that I honor it more in the breach than in the observance. It can't be otherwise. One must be deaf, dumb and blind, indeed, not only deaf, dumb and blind, but brainless and soulless also to avoid getting excited. Not a day passes that you are not made aware of some new kind of brutality, some new variety of stupidity.

The good people whose temperament or mind is such thay they can take everything easy might consider the subject of this editorial a small matter, not worth while getting excited about. It isn't a small matter. It is an extremely important matter. It is a matter of the *deepest fundamentals,* and as far as I know it is the first time in the history of American medicine that a physician has been requested to resign from a medical society merely on account of his political and economic opinions. As anybody with a grain of common sense knows a man is no more responsible for his opinions than he is for the color of his hair or the size of his head. Opinions are the results of heredity, of bringing-up, of the people you come in contact with, of the books you read, of the lectures you attend, etc. And as long as a person's actions are honorable and not in conflict with the law or with the standard code of morals he is certainly not to be penalized merely for entertaining certain opinions.

One man's mind and bringing-up may be such that he believes that this is the best possible of all worlds and that the United States is the best, the noblest, the happiest, the most cultured, and the most honorable of all countries in the world. Very well. Another man may believe that it is a rotten world that we live in and that America is the most reactionary of all countries. He may think that while economically we are better off than any other nation, we are in many respects worse off than any other nation. He may think that our politics is rotten of all; that we have less freedom of speech, of press and of assembly than any other country. He may think that our democracy is not a real democracy but a sham democracy; that while considering ourselves free we are really the unwitting

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slaves of our plutocracy and of our press, which is admittedly the foulest and the vilest in the world. A man may have such ideas. He may be wrong in his ideas, but he is certainly not responsible for honestly entertaining them. Should such a man be penalized or ostracized?

Dr. James Peter Warbasse admittedly represents the finest type of physician. Never has there been a breath of suspicion against his honor as a man, against his honor as a physician, against his competence as a surgeon. His system of surgery is one of the best in existence and is testimony to his high professional standing. How well the physicians of Long Island thought of him is seen by the fact that he was honored with the presidency of the Associated Physicians of Long Island. And for several years he was the Editor of The New York State Journal of Medicine. And now *merely* because Dr. Warbasse is a radical in his political and economic views, a number of members of the Associated Physicians of Long Island demand his resignation. What are we coming to? Are we going to have throught controllers in every medical society? Are we going to have censors and spies at our medical meetings? Dr. Warbasse always entertained the ideas that he is professing now and nevertheless he was perfectly welcome, not only as a member but as an officer of the Society; and it is the wave of blood red hysteria that has infected so many of our reactionaries that is responsible for this outbreak of stupid intolerance.

Dr. Warbasse is very gentle in controversy and I know that he would object to certain of my expressions; but it is impossible for me to mince words when discussing criminal stupidity. And the act of the Ass Phyisicians of Long Island is an act of criminal stupidity or stupid criminality. To ask an honourable, high-minded and highly competent physician to resign from an association merely because his religious, political and economic opinions are those now shared by all intelligent men thruout the world, is an act of scoundrelism, nothing more—nothing less. The guiding spirits in the movement to oust Dr. Warbasse from the Associated Physicians of Long Island will go down in infamy with the names of the political buccaneers and reactionareis who are digging their own graves. The only question that may puzzle the future historian is whether the Associated Physicians of Long Island responsible for Dr. Warbasse's resignation were fools or knaves or—both.

Dixi.

RAIDING THE PROFITEERS

From raiding the so-called Reds, Mr. Mitchell Palmer and his Department of Justice have turned their activities to raiding the profiteers, and for the short time they have been at it the results have been truly remarkable.

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The proprietor of a little haberdashery store in Brooklyn who sold a pair of suspenders—or was it a collar?—for 35 cents, was arrested—the fact being duly chronicled in all the newspapers—and the poor fellow being emotionally upset and probably unable to stand the strain of fighting the great Department of Justice, committed suicide. Our Department of Justice when it gets to work is nothing if not efficient.

Oh! what a lot of frauds, humbugs and nincompoops we are.

I should be willing to wager a life subscription to the CRITIC AND GUIDE against something that is worth absolutely nothing—say the half of a burst soap bubble—that this raiding of profiteers will turn out to be a miserable farce and fizzle. A few poor grocers or haberdashers will be annoyed and arrested, but the real big profiteers, those who have been making millions and millions for the past five years, will be absolutely untouched. A bluff may be made at arresting some big man but it will end in nothing. The case will never come to trial; if it does it will be dismissed. And if a very flagrant case should result in a conviction the conviction will be set aside. No, rest assured that our millionaire and multi-millionaire profiteers will not be molested. Who is willing to take up the wager?

FREUD'S BEST ESSAY

The editor considers Freud's essay on the Relationship of Sexual Abstinence and Nervous Diseases, printed in this issue, the best thing Freud has ever done, without any qualifications. It is free from cabalistic jargon; it deals with no fanciful hypothesis or untenable theories; it discusses facts the validity of which every earnest and unbiased investigator must recognize. A study of this essay should be obligatory on all teachers, jurists, physicians, clergymen, and last but not least, parents. I published this essay in the American Journal of Urology and Sexology five years ago but that issue was exhausted as soon as published. And it is in compliance with numerous requests that I am reprinting it in THE CRITIC AND GUIDE.

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ORIGINAL ARTICLES

MODERN SEXUAL MORALITY AND MODERN NERVOUSNESS

By Professor Sigmund Freud, M.D., LL.D., Vienna.

Careful clinical observations justify us in dividing nervous morbid states into two groups, neuroses proper and psychoneuroses. In the former the disturbances (symptoms) whether they manifest themselves in physical or mental actions, seem to be of a toxic character. Their manifestations are quite similar to those which coincide with either the excessive ingestion of or the absence of certain nerve poisons.

These neuroses, generally designated by the term neurasthenia, can be produced by certain pernicious influences of the sexual life, without any hereditary taint as contributing factor; the aspect of the disease corresponds so closely to the nature of the pernicious element that caused it, that its clinical description often enough enables one to draw retrospective conclusions as to the particular sexual etiology.

On the other hand, we fail to observe such a regular connection between the aspect of the nervous disease and the other pernicious influences of civilization which authors have described as factors of disease. We may therefore consider the sexual factor as the real cause of neuroses proper.

In psychoneuroses, hereditary influences are more potent and actual causes cannot be determined as easily. A special method of investigation, psychoanalysis, has allowed us, however, to ascertain that the symptoms of those troubles (hysteria, compulsion neurosis, etc.,) are psychogenous and are traceable to the action of unconscious (repressed) imagination complexes.

Psychoanalysis has enabled us besides to study those unconscious complexes and to ascertain that generally speaking they have a sexual import. They originate in unsatisfied sexual needs and afford a sort of gratification in a different form. We must therefore, consider every factor which is harmful to the sexual life, which suppresses its activities or runs counter to its aims, as a pathogenic cause of psychoneuroses.

The value of the theoretical distinction between toxic and psychogenic neuroses is not diminished in the least by the fact that in the majority of nervous patients we observe disturbances traceable to both kinds of origin.

Those who believe as I do that the etiology of nervousness is to be sought above everything in pernicious influences which are brought to bear upon the sexual life, may be interested in reading the following pages in which I will at-

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tempt a comprehensive synthesis of the problem of the increase in nervousness.

Our civilization is entirely based upon the suppression of instincts. Every individual has had to abdicate a part of his property rights and to renounce in a certain measure the exercise of his power, to give up his aggressive and vindictive tendencies. The sum of those individual sacrifices constitutes civilization's common fund of material and mental riches. Not only the necessities but the family feelings derived from eroticism have led individuals to make sacrifices.

Those sacrifices have been made gradually in the course of the evolution of civilization; every step in that direction was sanctioned by religion; whenever the gratification of an instinct was given up in part, that part was offered to the deity. Whatever advantages redounded to the community from that renunciation were declared holy. Whoever failed to carry out that suppression of his instincts, owing to his unbending disposition, was regarded by the community as a criminal, as an outlaw, unless his social prestige and his superior strength enabled him to impose himself as a great man, as a hero.

The sexaul instinct, or accurately speaking, the sexual instincts (for analysis reveals that the sexual instinct consists of many elements, of many partial instincts) is undoubtedly more developed in man than in the majority of the higher animals; at any rate it is more constant in man for it has almost enteriley outgrown the periodicity which characterizes it in animals. Owing to its peculiar capacity to change its object without losing any of its intensity it places great amounts of energy at the disposal of civilization. That faculty to exchange the original sexual object for another object, no longer sexual but psychic in nature, is known as the faculty of sublimation.

In contrast with the versatility of the sexual instinct wherein resides its cultural value, we observe in the sexual instinct also a stubborn fixity which makes it impossible to transvaluate it entirely and leads to what we call abnormalities.

The original intensity of the sexual instinct must vary greatly in each individual; at any rate the proportion of it which lends itself to the process of sublimation is extremely variable.

We may well imagine that the person's organization determines in every individual case what part of the sexual instinct can be sublimated and transvaluated, and the influence of life and the intellectual influence of the psychic apparatus extend somewhat further the process of sublimation.

But the process cannot be carried on ad infinitum any more than the mechanical transformation of heat into energy.

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The majority of human organisms seem to require a certain amount of direct sexual gratification and the lack of that gratification, whose amount varies with every individual, brings forth manifestations which, on account of their functional harmfulness and of their subjective character of unpleasantness, we must consider as pathological.

Broad visits open up for us when we bear in mind the fact that man's sexual instinct is not at all primarily meant to serve purposes of reproduction but is intended to furnish certain forms of gratification.

This is obvious in childhood when the instinct is gratified not only thru the genitals but thru many other parts of the body (erogenous zones) and therefore can do without other less convenient objects less easily attained. We call that stage the autoerotic stage and education is entrusted with the task of setting a limit to it, for should the instinct remain in that stage, it could neither be controlled nor transvaluated in later life.

The sexual instinct evolves then from auteorotism to love for a definite object and from the autonomy of the erogenous zones to their subjugation to the primacy of the genitals which are to assure procreation. In the course of that evolution one part of the sexual excitation derived from the individual's own body is checked as unutilizable and when circumstances are favorable submitted to a process of sublimation. Most of the energy that can be utilized for the tasks of civilization is derived from the suppression of the so-called perverse parts of the sexual excitation.

Bearing in mind this history of the evolution of the sexual instinct we may distinguish three stages: the first stage in which the activity of the sexual instinct extends far beyond the purposes of procreation; the second stage in which that part only of the sexual instinct is not repressed which serves the purpose of procreation; the third stage, finally, in which only *legitimate* procreation is countenanced as the aim of sexual activity. To this last stage corresponds the "civilized" sexual morality of the present day.

If we observe the second stage of civilization as our starting point we notice that a number of individuals are prevented by their own organism from satisfying the requirements of the morality corresponding to this stage.

In an entire series of individuals the above mentioned evolution of the sexual instinct from auteorotism to love for an object and aiming at a union of the genitals has not been regular or complete and there results from those irregularities of development two harmful deviations from normal sexuality, that is from the sexuality demanded by civilization; those two deviations stand to each other in the relation of positive to negative.

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Leaving aside the individuals with overdeveloped and uncontrollable sexual instincts, those deviations are responsible for the many varieties of perverts, in whom the fixation in infancy of a provisional sexual aim has prevented the primacy of the procreative function, and on the other hand, the homosexuals or inverts in whom the sexual aim has been, through some as yet unexplained process, deflected from the opposite sex.

If those irregularities of development are not as harmful as one would expect them to be, it is because the complexity of the sexual instinct eases up the process, allowing the sexual life to attain useful ends even when one or more components of the instinct have developed along wrong lines. The constitution of the inverts or homosexuals often appears to be peculiarly adapated to the "civilized" sublimation of the sexual instinct.

The marked and even exclusive development of certain perversions and of homosexuality make the individuals affected by them socially useless and unhappy besides, so that even the cultural demands of the second stage must be recognized as a source of suffering for a certain part of mankind. The fate of the individuals who deviate constitutionally from the average differs according to whether they have a really strong or only a weak sexual instinct.

Perverts with a weak sexual instinct succeed in repressing the propensities which would bring them into conflict with the moral standards of their stage of civilization. But properly speaking this is about the only accomplishment of which they are capable, for the repression of their sexual instincts uses up the energy which they could otherwise have turned to good use in "cultural" pursuits. They are inwardly self-repressed and outwardly paralyzed. We may apply to them what we will have to say of the men and women who practice abstinence in obedience to the demands of the *third* stage of civilization.

When the sexual instinct is more intense but perverted there are two possible outcomes: the first, which we do not intend to consider in this article is that the perverts remain perverts and have to bear the consequences of their deviation from the cultural standard. The second eventuality, by far the more interesting of the two, is that under the influences of education and the pressure of social demands, the perverted instincts are repressed; their repressions, however, could be more accurately characterized as failure to repress them. The checked sexual instincts do not express themselves any longer as sexual instincts; that is the only thing gained; but they crop up in other forms which are just as harmful for the individual and make him as useless for society as the direct gratification of his perverted instincts. This is

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wherein the process fails and this failure more than offsets the success achieved.

The substitute manifestations which crop up when the sexual instincts are repressed constitute what we designate as nervousness or more especially psychoneurosis. The neurotics are a class of people who, much against their own constitution and only yielding to the pressure of cultural standards, apparently succeed in repressing their instincts but fail more and more frequently in their undertaking as time goes on; it is only with a great expenditure of energy and at the cost of their inner impoverishment that they can continue to collaborate in the work of civilization; at times they drop out of the race laid low by illness.

If I have designated the neuroses as the negative phase of perversion it is because in neuroses the perverted tendencies, after being repressed, crop out of the psychic unconscious, because we find in neuroses the very same impulses which positive perverts betray, but in a repressed state.

Experience teaches us that there is, for the majority of men, a limit beyond which their constitution cannot comply any more with the "cultural" demands. Those who are trying to be better than their constitution permits them to be succumb to neuroses; ***they would have been better off if it had been possible for them to be worse.***

Observations made among individuals of the same generation often confirm the hypothesis that perversion and neurosis stand towards each other in the relation of positive to negative.

It fresuently happens that a brother is a sexual pervert, while the sister, who as a woman is endowed with a weaker sexual instinct, is a neurotic; her symptoms, however, betray the same tendencies as the perversions of her brother whose sexual activity is more intense. And this is why in so many families the men are perfectly healthy but immoral according to the usual social standards, while the women are very pure and super-refined . . . but terribly neurotic.

It is a crying social injustice that the cultural standard should exact from every one the same behavior in sexual matters; some people are so constituted that they can easily conform with it; others, on the contrary, are compelled to make the most painful psychical sacrifices; this injustice is rendered perfectly futile however by the fact that the majority of people disregard the precepts of "morality."

We have thus far based our comments upon the standards of the second cultural stage which places a ban on every so-called perverted sexual activity but allows freely normal sexual intercourse. We find that even with the establishment of a boundary line between what is free and what is restricted, a certain number of individuals, the perverts, are left in a blind alley, while others who, in spite of their con-

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stitutional urge, are trying not to be perverts are driven into neuroses.

It is easy, therefore, to foresee the result which will be attained if we place new restrictions upon sexual freedom, raise the cultural standard to the level of the third stage and prohibit all sexual intercourse except in lawful wedlock. The number of strong individuals who will defy openly the cultural standards will increase enormously and so will the number of weak ones for whom the conflict between the pressure of cultural influences and the resistance of their constitution will have only one outcome: neurosis.

This leads us to discuss three relevant questions:

1. What duties does the cultural standard of the third stage place upon the individual?

2. Does the lawful sexual gratification it allows compensate the individual for the abstinence he has had to endure?

3. To what extent do the harmful results of that abstinence offset the cultural advantages accruing from it?

To answer the first question we must touch upon a much mooted problem, which we cannot attempt to solve here, that of sexual abstinence.

What the third cultural stage demands from the individual of either sex is abstinence before marriage, and lifelong abstinence for whoever cannot contract a legitimate union. The assumption fondly backed by all the authorities that sexual abstinence is neither harmful nor difficult to bear, receives also frequently the support of physicians. The task, however, of checking an urge as powerful as the sexual urge by other means than its natural gratification is one that consumes all the energy a man is capable of.

Checking it by sublimating it, that is by deflecting the sexual instinct from its sexual aim and towards loftier cultural aims, succeeds in a few cases, but only temporarily; the task is especially arduous in the fiery period of youth; in certain individuals attempts at sublimation provoke neuroses or other disorders.

Observation proves that the majority of people are constitutionally incapable of abstinence. Whoever suffers from moderate restrictions placed upon his sexual activity will chafe even more under the demands of our modern sexual morality; for sexual gratification is the only known protection nature affords to the normal sexual life against misdirected tendencies and irregular development. The more one is predisposed to neuroses, the less one can endure abstinence; the partial urges which deviated from the normal line of development have also become more uncontrollable.

But even individuals who would not have been harmed by complying with the demands of the second cultural stage are now driven in large numbers into neuroses. For the psy-

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chic desire for sexual gratification is enhanced by the mere fact that it is denied. The accumulated craving is now seeking an outlet through one of the weak spots in the structure of the sexual life, which is seldom free from such weak points, and then it breaks through and satisfies itself by means of some neurotic substitute in the shape of morbid symptoms.

Whoever fathoms the causes of nervous disorders soon comes to the conclusion that their increase at the present day is due to the greater and greater restrictions placed upon sexual activity.

We come now to the question whether sexual intercourse in lawful marriage does not compensate fully for the restrictions placed upon it before marriage. The amount of *negative* evidence at hand is so huge that we must make our arguments as brief as possible.

We must remember that our cultural sexual morality restricts even conjugal intercourse, for it compels married people to procreate a limited number of children only. That consideration limits the period of satisfactory intercourse in marriage to only a few years from which must be deducted the various occasions on which the wife must be spared for hygienic reasons. After three, four or five years marriage no longer suffices to gratify the sexual needs; for all the means that have been thus far resorted to in order to prevent conception spoil the sexual enjoyment, disturb the finer sensibilities of man and woman or are the direct cause of illness. The fear of the consequences is fatal to the physical fondness of the mates, and later on to the mental fondness which should replace the stormy passion of the first embraces.

What with this moral disappointment and this physical privation, which is the rule in many families, man and wife find themselselves exactly where they were before marriage, with the only difference that they have lost one more illusion and they must once more exert their will power to control their sexual instincts and deflect them into other channels.

We need not go far to find out how adult man behaves in such cases; we know that he takes frequent advantages of the measure of freedom which even the severest sexual morality vouchsafes him, though secretly and grudgingly. The double standard which obtains in present day society is the frankest admission that society, much as it may issue decrees, does not believe that its decrees can be enforced.*

We also know that women who as the actual standard bearers of mankind's sexual life are only to a restricted extent able to sublimate their instincts, women for whom the child at the breast, but not the growing child, constitutes a com-

* This is not true of Anglo-Saxon countries. In these extra-marital intercourse is looked upon much more severely than in the Latin or Germanic countries.—Editor

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pensation for sexual privation, suffer keenly from the disappointments of married life and contract incurable neuroses.

Under the conditions of modern civilization marriage has ceased to be a panacea for woman's nervous ills; while we physicians will still advise marriage for cases of nervous disorders, we know very well that a girl must be very healthy to stand married life, and we advise strongly our male patients against marrying a girl of the nervous type.

We might say that the cure for the nervous troubles caused by marriage is conjugal infidelity; the more strictly a woman has been brought up and the more earnestly she has adapted herself to the cultural standards, the more repugnant that solution appears to her; the conflict between her desires and her feeling of duty drives her again to take refuge in a neurosis. For nothing protects her virtue as well as illness. The married state from which youth has expected the gratification of its sexual instincts cannot even satisfy the demands it creates; how could it offer any consileration for the period of abstinence which precedes it?

One may admit all the harm done by the cultural sexual morality, and still answer our third question by claiming that the cultural gains redounding from the restrictions placed on sexual activity probably offsets a form of suffering which only a small minority feels acutely. I confess I am unable to balance accurately such a profit and loss accounts, but I could bring forth many points which would enable us to estimate fairly the actual losses.

Returning to the subject of abstinence which was barely touched upon in the foregoing pages, I may express my conviction that abstinence is the source of various ills *besides neuroses* and that in the majority of cases the importance of the neuroses has been minimized.

The retarding of sexual development and sexual activity which is the aim of our education and culture is certainly harmless. That retarding appears very necessary when we consider the age at which young people of a cultured class begin to earn a livelihood and become financially independent. And here we are reminded of the intimate dovetailing of all the modern cultural institutions and of the difficulty we encounter when we attempt to modify one part of the social structure without taking thought of the rest.

Abstinence after the twentieth year is a difficult thing to achieve for a young man and when it does not cause nervous disorders it causes other troubles. We hear it said that the struggle against a strong instinct and the necessary cultivation of ethical and esthetic power in mental life steels one's character and is beneficial to certain natures with an especially fortunate turn; we must also concede that the differentiation of individual character which is such a marked feature of

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modern times is only rendered possible by the restriction of sexual activity. **In the great majority of cases, however, the struggle against sensuality consumes all of a young man's available energy at the pricise moment when he needs it most to win for himself a place in the social organism.**

The proportion of possible sublimation and of unavoidable sexual activity varies considerably according not only to the individuals but to the careers they follow. Abstinence is hardly thinkable for young artists while young scientists who abstain are not a rarity. The abstinent scientist can devote more of his energy to his studies; sexual experiences, on the contrary, act as a stimulant to artistic activity.

My general impression is that sexual abstinence does not help to build up energetic, independent men of action, original thinkers, bold advocates of freedom and reform, but rather good weaklings who become merged later in the great mass which follow, though reluctantly, the impulses emanating from strong personalities.

The results of the efforts made to promote abstinence prove that the sexual instinct is, generally speaking, stubborn and impossible to curb. Our modern education only tries to repress it until marriage and intends to give it then a free rein and let it take care of itself. But extreme measures have more decided effects upon that instinct than mere attempts at moderating it; the process of repression often goes too far and it happens that the sexual instinct after being given a free rein is found to be permanently damaged.

Complete abstinence is not therefore the best preparation for matrimony for a young man. Women seem to feel this and prefer to be wooed by men who have demonstrated their virility with other women.

One can realize readily the functional disturbances which are provoked in woman by prematrimonial abstinence. Modern education assumes in great earnest the task of repressing a girl's sensuality until the time when she marries and it often resorts to the severest means. Not only does it place an absolute ban upon sexual intercourse, and offer many inducements to the woman who retains her sexual innocence but it also protects the female against temptation by keeping her in ignorance of the details of her future vocation and removes all the sensual stimuli which do not lead to marriage.

The result is that when parental authority allows a girl to bestow her love on a man, she fails to respond psychically and she enters the matrimonial state with a good deal of uncertainty as to her own feelings. The artificial retarding of her love function only prepares disappointment to the man who has saved up all his desire for her: mentally she is still dependent upon her parents whose authority has succeeded in repressing her sexual instincts; she will prove a frigid wife,

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an attitude which precludes any real sexual gratification on the part of her husband.

I do not know whether the type of frigid woman exists outside of the civilized races; it may exist there; our system of education, however, is well adapted to the reproduction of that type and these women who conceive without any joy show very little willingness to submit to frequent and painful motherhood.

The very preparation for marriage defeats the ends of marriage; when woman finally surmounts victoriously the difficulties placed in her way by her retarded development, and reaches the height of her femininity and her full capacity for loving, her relations with her husband have long ceased to be agreeable; the only reward for her submission to ethical standards is either ungratified longing, or infidelity or neuroses.

A man's attitude in sexual matters often moulds his attitude towards other life matters. When a man goes forth energetically to conquer the object of his sexual desires, we can expect from him the same amount of ruthless energy in his pursuit of other objects. The man who can be deterred from seeking the gratification of his sexual instincts by too many considerations, will on every occasion show a conciliatory and resigned spirit rather than self assertion.

The moulding influence which the sexual life exerts on the other functions is well illustrated by women's attitude to life. Their education forbids them to apply their minds to sex problems, for which they feel, however, the greatest curiosity; it terrorizes them by telling them that such a curiosity is unwomanly and evidence of sinful propensities. Being forbidden to think of those matters they hold all knowledge of them worthless. The ban placed on thinking reacts upon the sexual sphere, partly on account of the dovetailing of all human functions and partly in an automatic way, just as the ban placed on criticism of a creed reacts upon the faithful, or the dictates of loyalty upon obedient subjects.

I do not believe that the biological contrast between intellectual work and sexual activity explains, as Moebius stated in his much mooted work, "the physiological weakmindedness" of woman. I think, on the contrary, that the indubitable fact of woman's intellectual inferiority is to be traced to the mental restraints placed upon her in order to repress her sexual instincts.

In discussing abstinence too little care is generally taken to draw a distinction between the two varieties of abstinence, abstinence from all sexual activity altogether and abstinece from sexual intercourse with the opposite sex. Many people who pride themselves upon having remained abstinent only obtained that result with the help of masturbation and other

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means of gratification related to the autoerotic sexual activities of infancy.

It is precisely the direct relation between these substitute forms of sexual gratification and infantile sexuality which makes substitutes harmful; they predispose the subject to the many varieties of psychoses and neuroses which reveal a return of sexuality to its infantile forms. Masturbation doesn't accord in any way with the ideal demands of civilized sexual morality and does not save the young people from the conflicts with the educational ideals which they were anxious to avoid through abstinence. Masturbation also spoils the character in many ways; it accustoms one to pursue important aims without any exertions, and to follow the line of least resistance instead of fighting for success with all the energy at his command; this is an instance of the sexual preformation of character; secondly, the fancies which accompany the gratification endow the object of the sexual desire with a perfection which is seldom met with in reality. A witty writer (K. Krause in the Vienna "Fackel") turned the tables on those who condemn the practice of masturbation and let the truth out in the cynical statement that "coitus is only a meagre substitute for masturbation."

Owing to the severity of the cultural demands and the difficulty of preserving abstinence, abstinence has come to mean essentially that the genitals of opposite sexes are to be kept separated; other forms of sexual activity which are a sort of half compliance with the demands of civilization have been thus fostered and encouraged.

As normal sexual intercourse is forbidden not only by morality but, owing to the possibilities of infection, by hygiene as well, other forms of intercourse, designated as perverse, and in which other parts of the body are taking the place of genitals, have assumed a decided social importance. Those perversions, however, are not as harmless as certain normal excesses between lovers; they are ethically reprehensible for they transform a serious matter, the love relations of two human beings, into a mere form of play devoid of danger but also bereft of all psychic interest.

Another consequence of all the difficulties that beset the normal sexual life, is the spread of homosexual gratification; to the number of those who were not constitutionally homosexual or became such in childhood we must now add those who in later life, unable to use the main avenues of sexual gratification were forced into the side street of homosexuality.

These unavoidable and unforeseen consequences of the abstinence movement have one common result, they unfit the individual for married life which, according to the intention of "civilized" sexual morality was to be the only beneficiary of all the sexual impulses.

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All men who have indulged in masturbation or other perverse sexual practices, that is have gratified their libido under abnormal conditions and in abnormal situations, enter marriage with a diminished vitality. The women who could only preserve their virginity by resorting to similar practices show themselves frigid in matrimonial intercourse. A marriage entered into when the contracting parties suffer from a diminished capacity for love will break up quicker than any other form of union. The man's low viritlity fails to satisfy the wife's desires; the wife in whom education has developed a disposition to frigidity, which might, however, have yielded to powerful sexual stimulation, remains totally indifferent. Such a couple encounters more difficulties than a normal couple would, in trying to prevent conception, *for the man's lack of strength does not make it convenient for him to use prevenceptives.* Under such unfavorable circumstances intercourse which only appears to be a source of unpleasantness is finally given up and thereupon the marriage loses its raison d'être.

Experts will testify that I am not exaggerating and that I am only describing conditions which can be observed in multitudes of cases.

It is hard for the uninitiated to believe what a small proportion of men there are in possession of their full virility and how many frigid women there are, tyrannized upon as they all are by the modern cultural standards, what renunciation marriage entails sometimes for both husband and wife, and to what slight extent marriage vouchsafes the happiness so ardently longed for.

I previously mentioned that under such circumstances, the next step was a neurosis; I will now add a few remarks on the consequenres of such a union for the children, I mean the only child or the very few children, it brings into the world. We may think those children affected by hereditary influences, but on closer inspection we observe that their condition is the result of deep impressions received in infancy.

The neurotic mother, unsatisfied by her husband, lavishes tenderness and care upon her child and awakens in him a premature sexual maturity; the misunderstanding between the parents arouses the child's feelings, and causes it to experience very deeply love, hate and jealousy at the tenderest age. And then a severe training which does not permit of the exercise of the sexual instincts, aroused so early in life, acts as a repressive agent; such a conflict at that age embraces all the factors that are necessary to bring about chronic nervousness.

I repeat the statement I made above to the effect that in discussing neuroses one generally fails to estimate properly their absolute importance. I do not mean the way in which symptoms are minimized by the patient's relatives who simply disregard them or the family physician's gratuitous assertion

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that a few weeks hydrotherapic treatment, or a few months rest will remove the condition. All that is mere guess work on the part of laymen or ill-informed physicians, idle talk destined to give the patient temporary comfort. We know, however, that a chronic neurosis, even if it does not present any danger to life, constitutes a serious life taint, something like tuberculosis or cardiac disease.

Neuroses would not be so baneful if they only debarred a few weaklings from cooperating in the work of civilization and allowed the others to take part in it at the price possibly of a subjective annoyance; but I must lay stress on the fact that a neurosis, whatever its degree may be and whomsoever it may effect, can set at naught the plans of civilization and thus enable the repressed anticultural instincts to make their influence felt. And thus our present society cannot even register gains made at a high cost; it gains nothing whatever when it pays for mankind's submission to its extensive code of morals with an increase in neurosis.

Let us take for instance the case observed so frequently of a woman who does not love her husband because owing to the conditions of her union and to her matrimonial experience she has absolutely no reason for loving him; she would like to love him, however, because that is in accord with what she has been brought up to consider as the ideal of married life. She will accordingly suppress all the instincts that would reveal the truth and counteract her ideal endeavor; she will take special care to act like a loving, tender and thoughtful wife. Neurotic troubles will soon follow upon that attempt at self-repression; a neurosis will soon avenge her upon the unloved husband and cause him just as much unpleasantness and sorrow as the real truth would have caused him had he known it.

This example is very characteristic of the process of neurosis.

We observe the same vicious form of compensation when other instincts, anticultural but not of a directly sexual nature, are being suppressed. People who make powerful attempts at repressing their constitutional tendency to harshness and cruelty and become apparently ultra-good often lose so much of their energy that they cannot fulfill all the duties which correspond to their compensation instincts and do even less good than they would have done if none of their instincts had been repressed.

We may rest assured that to the repression of sexual activity in a race there corresponds an increase in the anxiety about life and the anxiety about death; this mars the individual's enjoyment and diminishes his willingness to risk his life for the sake of any aim or to bring forth children; it tends to disbar the race or the human group thus affected from a share in the future.

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We may well ask the following question: Is our "civilized" sexual morality worth the sacrifice it imposes upon us, especially when one has not freed himself completely enough of hedonism not to include a certain measure of individual gratification among the aims of civilization?

It is not a physician's province to come forward with reform schemes; I thought, however, I could confirm the imperative necessity of reform in this direction by showing the damages caused by our "civilized" sexual morals and pointing out the part it plays in the spreading of nervous disorders in modern times.

A MORALITY WHICH IS MORAL: A CRITICISM OF A CRITICISM

By Virginia Le Roy, Streator, Ill. (Med. Herald)

The debate between Dr. Edith H. Hooker and Dr. William J. Robinson on Venereal Prophylaxis and Prostitution which was published originally in the "Arbitrator" and republished in the December "CRITIC AND GUIDE," offers plenty of material to illustrate the fact that superstition, bigotry, and negative values are still trying to function in a world which needs red-blooded, vital, affirmative concepts.

The subject matter as frankly designated would seem to call for a dispassionate, scientific analysis of the efficacy of venereal prophylaxis in eliminating the worst elements in prostitution which menace our public health. Dr. Robinson is clearly within his rights as a scientist and physician when he calls Dr. Hooker to account for having muddled two aspects of the problem, the ethical and the scientific, with the usual result of doing justice to neither.

And so far as a layman can judge he has presented a clear, strong case for venereal prophylaxis in its power to eliminate disease, if used intelligently and conscientiously, and has submitted valuable statistics of recent nature to prove his contention. Which is what he purposed to do. But it is not with this technical aspect of the problem I am so much concerned, since only further statistics and further advances in its propaganda and application can prove beyond peradventure of a doubt that it will be to the world all its most ardent advocates claim for it. Enough has been accomplished to prove its possibilities, and that is all that science requires in order to further develop its resources.

The interesting phase of this debate, and more exactly the criticism which Dr. Robinson offers of Dr. Hooker's propositions, interest me because his criticism of her position did not go far enough—did not pierce the real heart of her fallacy. The real criticism of her propositions, as I see them, is that she neither proposed a real ethic nor a real scientific

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thesis. And I want to add further that in my opinion if she had outlined a real ethic, there would have been nothing confusing in the result, but rather it would have proved a clarifying solvent, and a convincing justification of all the fruits of science so far attained. The trouble with this age is that science has plunged ahead in the great adventure of mastering life's problems, while ethics and religion are still floundering amid the unrealities of myth and fetish, knocking down giants of straw, with nothing to offer but musty platitudes. Until there is a sound, fruitful and inspiring ethic, supplementing a fearless science, there will be no rational, working concepts with which the average human soul can adequately envisage his universe and his relation to it. The day has gone by when we can, like the celebrated French Bishop, close the door of our oratory when we enter the door of our laboratory.

Most of our moral and ethical codes have been negations of life, have taken on unwarranted sanction as ends in themselves, and instead of furthering and enriching life, which is their only justification at all, and the test of their validity, they have operated to impoverish the very sources of life, dilute its splendid possibilities, and have so narrowed their scope of influence as to almost nullify any vital result. Referring to the morality of a person usually means: has he refrained from any kind of illicit sexual contact? The whole wide range of relationships and experiences remains practically ignored and even regarding this most vital relation of the sexes, only negative precepts are formulated.

There is no such thing as a code of ethics which is more than merely a passing means to a more glorious fulfillment of life. It is good for nothing unless it is good for more life. Unless it liberates more beauty and power in human souls, it is a curse. Unless it interprets life in big affirmations, big and elastic as life itself, unless it calls freely on all science to perfect a technique which shall utilize every ounce of power, which shall recognize every element in its positive value, which shall conserve every nuance of emotional beauty, in the realization of those great ideals which are rooted deep in our nature, it is both futile and dangerous.

Sex power is the dynamo which runs the world; it creates children of flesh and children of light; its ecstasies are the stuff out of which immortal melodies are sung, great pictures painted, cold marble etched with beauty; its flaming passion keeps the sluggish pulse of life athrill; its generous ardors warm the heart of the world and keeps us kind; its rich fulfillments caress each sordid fact with glamour, until living takes on new meaning and new purpose. To have never known the ecstasy of surrender is to have never known the peace of fulfillment, and that peace is the germinating soil for all the great achievements of life. It is the divine miracle of resurgent life, its potencies boundless.

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We have taken this power for granted and studied only its perversions. That is why we suffer today from a prurient consciousness which issues the mandates in terms of denial and forges only fetters of repression, poisoning the source of supply, starving the heart and stultifying the mind of mankind.

Inferentially you gather from Dr. Hooker's articles that she conceives of sex power only in terms of children born in wedlock; she calls any other experience of the sexual relation "anti-social on a par with other criminal acts of murder and theft." She decries any value of preventive relief from disease in commercial prostitution as a challenge for the whole world to indulge with impunity in sexual promiscuity, and would change the emphasis from prophylaxis to continence. She believes that with the proper legislation in a few years we would so have curbed our excess sexual desires, they would instinctively flow through the proper grooves of conventional marital expression and we would have what she and her kind would term a moral universe. This would mean the single standard for both sexes, since the male born and trained under these restraints would be as amenable to this ideal as the woman.

The basic assumption underlying this conception is that conduct so regulated would result in a healthy and happy human race. But would it? Tradition, custom and the unwritten law have relegated women to this realm of circumscribed sexual experience and the tragedies of a debased, perverted and starved womanhood; her generous over-flowing stream of sexual potency intended to enrich her life and the world about her, dammed up at its source, reacting as dangerous poisons, rendering her not only sterile as to offspring, but sterile as to emotional power and mental penetration, a creature of dangerous neuroses, of morbid humors, of insatiate thirst for meretricious excitements, the kind that fill the sanatoriums, the clinics, the waiting rooms of doctors' offices, who form that steadily growing class of female perverts who either flame up some time in life, or dry up ugly and futile, is part of the recoil.

There are countless women who obey rigidly the letter of the ten commandments, who violate every healthy instinct of their bodies and deny every glowing aspiration of their hearts and souls. We may well ask, are men made for morals or morals for men? If we regard man as the law-giving animal, the imposer of restraint upon his own appetites and passions for the greater welfare of this kind, we can at once test the validity of all moral systems.

In the first place you cannot regulate anything intelligently and effectually until you know something of the thing you intend to regulate.

All we know of sex power is that it is the miracle of unfolding life, that its potencies are wondrous, its possibilities

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infinite. It is the plus of life and the more we have of it, the more of life we have, both physical and spiritual. Therefore our duty and privilege toward it is all in the line of conservation, how to extract all of its rich potencies for the glory of mankind. Our ethics should be expressed affirmatively, and every regulation should be tested by its power to increase the beauty and power of sex consciousness; every regulation which reacts to impoverish its functions, to degrade its noble mission in life, should be repudiated as inimical to the health, sanity and spiritual growth of human beings.

Virtue as a negative proposition, commanding people not to do things, is a relic of the old superstition and dogmatism of bygone ages when everything conceived by the human mind was rigid and its finality unquestioned. Whatever the new virtue is it will be affirmative, telling people what to do, and how to do it. This takes brains, whereas the other only involves a reflex of the spinal column.

Sex power would never have been the commanding and irrisistible urge which it is, had its purpose not been transcendent in character. It is our business to affirm its glory and discipline its manifestations through constructive programmes which liberate its power while directing its embodiment. Many forces are going to contribute to the liberation of sex power and its rational expression, but of one thing we are certain. The old conspiracy of silence is criminal; the old notion that even its legalized relationship in marriage is more or less a vulgar concession to the need of populating the earth is debasing; the whole puritanical revolt against the beauty and sanctity of the human body and its normal passions is an infidelity against the inviolable dignity of the human race and its emergence from the slime of protoplasmic life to the creative genius of a Shakespeare.

Out into the byways, the alleys, the cesspools of vice and the abysmal regions of dense ignorance, the searchlight of a pitiless publicity must probe the festering sores, using the prophylaxis of scientific prevention, as well as the relentless logic of a new conception of sex indulgence; but this is only part of the new attitude. Out from the schools, the churches, the public forums, the social centers, the daily gatherings of people must go these affirmations of the integrity of their passional life, how it can be conserved, how disciplined, how made more beautiful, more sane, more in consonance with their highest purpose.

The world is ripe for a new ethic, and a full technique for realizing it, based on all that science can recommend. There should result no human being so insignificant who should not catch early in life some of the splendor of love and its sanity before he is smeared over with the slime of ignorant and bestial minds. It is mankind's only salvation to exalt sex power, use it intelligently and create out of its fervid passions

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as well as its mellow afterglow, the beauty which transforms the world.

The monogamic ideal is glorious to approximate toward, but it cannot be an ultimatum for all flesh. And so much of its beauty and truth as mankind may attain unto will come through enlightenment, a constructive attitude and a sublimation of love's meaning.

Commercialized prostitution will cease when the starved heart of man is fed from the manna of ennobling love and passion, but it will never be legislated out of commission. When the half-gods go, the gods arrive. We may have to enlarge our conceptions of the part love and passion play in life and formulate our conventions in accordance. We may have to remove the angel with the flaming sword from the gate of Paradise and bid the sons of men to enter therein, for it is not until we have eaten both of the tree of good and evil that we know where blessedness lies. Dr. Hooker's argument is weak, not because she mixed ethics and science, but because she used neither in her propositions. A constructive ethic is the basis of a sound science, neither can function properly without the other. Could Dr. Hooker have indicated the rational and all-inclusive principles of an ethic commensurate with life's needs, she would have rooted deep the eternal values and offered a convincing justification for all the scientific preventives which are useful in protecting our shallow infidelities from their greatest blight, while preparing our hearts and minds for the ultimate miracle of sex regeneration.

SOME REMARKS ABOUT COUGH

By Dr. Theo. J. Jacquemin, Los Angeles

The late Dr. Abraham Jacobi, by whom it was my privilege to be befriended during the last seven years of his life, used to say that in medicine many little things bear repetition, and that on account of an ill-conceived pride, which would scarcely allow one to talk or write about common things like a cough, a chilblain, a cold in the head, a toothache, a ringing in the ears or a little dizziness, very often the every-day practitioner fails in the fundamentals and the very basic principles of medicine. "Praeter omnia in arte curandi licet—non nocere"—in the art of healing it behooves us before all and everything else not to harm our patient.

Slipshod diagnosis becomes often the cause for much unnecessary suffering and long continued expensive drug taking. Especially does this obtain with a common every-day symptom, a cough.

In the course of his professional career the physician is consulted for a cough more often than for any other ailment, except perhaps headache, pain in the stomach and constipa-

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tion. It is true that, in the majority of cases, cough is a symptom of disease of the larynx, the trachea, the bronchial tubes, lungs or pleura. But when, with some men in the profession, it becomes an obsession to diagnose every cough, of whatever origin it may be, as a chronic bronchitis or a little nervous irritation of the throat, it behooves somebody to call a halt and to draw the line.

From 1906 till 1916 and from 1917 till 1920 I was engaged mostly in Eye, Ear, Nose and Stomach work in an eastern town of about 50,000 inhabitants, a suburb of New York City. I have records of very numerous cases of **cough of long standing** which came to me for relief, and which found relief in nearly 99 cases out of 100.

For many confreres there seemed to be no such thing as cough due to naso-pharyngeal trouble, to hypertrophic, atrophic and vasomotor rhinitis, spurs and deviations of the septum, nasal polypi and the irritation due to dry crusts. They seemed so utterly convinced that cough must always be tracheal, laryngeal, bronchial, pleuritic, pneumonic or connected with pulmonary tuberculosis, that they did not stop to give a thought to post-nasal, adenoid or lymphoid growths. to the collection of thick mucus in that locality, to elongated uvulas, to granular pharyngitis and the like.

The enlarged lingual tonsil is very often the cause of obstinate cough which defies all internal medication, and disappears only when the swelling is reduced—which is best done by the galvano-cautery.

The causes of cough are by no means limited to those just enumerated.

Often an irritation of the auriculo-temporal branch of the trigeminus, like the one afforded by syringing or probing of the extrenal auditory meatus, will be at the bottom of a dry, lasting, harassing cough, which not only exhausts the patient but brings the members of the household almost to the verge of despair.

In this connection I cannot refrain from reporting the case of the sixteen-year old daughter of a dear and esteemed colleague, Dr. Louis A. D. Miss Ruth D., a beautiful school girl, was brought to my office a couple of years ago by her father, who complained bitterly about his utter inability to do anything worth while for alleviating a distressing cough from which Ruth suffered for the last four weeks, and of which there was not the slightest relief in sight, notwithstanding all the remedies he could think of.

In a rather cursory and perfunctory manner I went over the larynx, the trachea, the bronchial tubes, the pleura and the lungs; examined the nose, the rhino-pharynx, oro-pharynx and laryngo-pharynx; transilluminated the accessory sinuses of the nose, and found nothing to give me a clue to the distressing symptom of which the girl complained.

"Well," I asked, "how is Ruth's hearing?" The answer came that of late she was always asking twice, "What do you say?" when-

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ever she was addressed. That opened the right vista. An ear-speculum inserted in the external meatus revealed on both sides a hard, dark mass of impacted cerumen which it took quite a little time to remove with peroxide and glycerin,—to soften the mass first, and a warm solution of bicarbonate of soda afterwards.

The result was immediate, and father and daughter left me, charmed by the treatment and thanking me warmly.

A few words about indirect and unusual causes of cough might not be amiss: they are known as agencies for transferred or non-respiratory cough.

It so happens that cough may signify pressure effects upon branches of the recurrens vagi or laryngeal inferior nerve, from enlarged bronchial glands, mediastinal tumors, abscess or hemorrhage, thoracic aneurism, metastatic sarcoma or caries of the dorsal vertebræ.

Cough is not an infrequent symptom of cardiac disease such as dilatation, hypertrophy and valvular lessions.

Stomach cough is found at times in the subjects of chronic hyperchlorhydria, due most probably to the low grade of accompanying pharyngitis.

Liver cough may be observed after excess of drinking by pressure of an enlarged liver against the diaphragm, or in connection with gall-stones, hepatic abscess, echinococcus cyst, perihepatitis and sub-phrenic abscess. An enlarged spleen and an inflamed spleen may give rise to cough for similar reasons.

Habitual cough is incident to some occupations where dust and irritating fumes are inhaled, and is quite frequent with excessive tobacco smokers.

Boys with neurotic family affiliations often exhibit loud barking cough at puberty.

Dentition in infants or an inflamed tooth in older persons will produce sufficient transferred irritation to cause cough.

Aspiration of a pleural exudate will, as a rule, cause a violent fit of coughing whenever the operator exhibits too much haste in voiding the pleural cavity of its contents.

Cough has sometimes been caused by irritability of the uterus, the ovaries and the testicles.

Another cause of cough is sometimes found in an incipient hernia, whether it be of the umbilical, gastric, inguinal or femoral variety.

Internal hernia thru holes in the mesenterium, the epiploon or the mesogastrium, may likewise give an anatomical basis for the annoying symptom of transferred cough, thru pinching, tugging or pulling, as in Glenard's disease.

The cough of hysteria is a neurosis which claims psychic treatment. I had the opportunity of observing two cases of hysterical cough at the clinic of Professor Beaman Douglass at the New York Post- Graduate Hospital. They were relieved in about ten minutes' time by a fake manipulation which in itself presented no value, but had the highest virtues in the minds of the unfortunate patients,

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namely, applying Dr. Doyen's mouth gag and massaging, for a few seconds, with the index finger of the right hand, the space between the root of the tongue and the epiglottis.

The moral to be drawn from this brief exposé is the following: Cough does not always require a sedative or narcotic: often a mechanical removal of some physiologic detritus, often a shrinking of some redundant tissue, sometimes an alterative tonic like KI, supplemented with mercurial inunction of oleate of mercury (20%), will cure a cough in a short time, while all kinds of much lauded cough mixtures will only work harm to the over-drugged sufferer.

I am sure you will tell your patients that are in need of having their eyes looked after, and need perhaps glasses, to go to a *reliable oculist for their refraction work, and not to an optician!*

In like manner, I feel assured that you will instruct those that are near to your heart not to rely upon any cough syrup which perchance may fall into their hands, to relieve a cough, the nature of which has not been diagnosed by a reliable physician.

The public needs education, and there is *one item of importance, where that education is badly wanted and needed. Let no one ever neglect a cough or attempt to cure it by self-treatment in confiding to some time-honored remedies,* even those adorned with the fascinating facsimiles of old Dr. Smith or Smith Brothers.

4347 South Flower Street.

KINDS OF PHYSICAL STRENGTH

By L. E. Eubanks

The most impressive strength is the muscular kind. From the beginning of time the large muscular man has received "the adulation of the populace." A feat of muscular prowess is spectacular—inspiring, as it should be—and the inference that the giant is equally strong in all physical directions seems logical.

But this is not always true. A man of marvelous muscular power may be comparatively weak in some other physical respects. Conceding that there are great differences in physical possibilities, still strength of muscle is primarily a matter of training. As a rule, it is more easily built than the other kinds of strength I shall mention in this article, and more quickly lost. No "artificial" strength can be permanent without a continuance of the regime, at least in a modified form, that created it. While this is true of other forms of power, it holds especially in muscle-culture.

The most enthusiastic physical culturist cannot deny that muscular power is a special kind of strength. Up to a certain point it does make for constitutional and nervous power, but in its extreme development this relation is questionable. Tho I have never seen a case where a man was weaker in other respects *by reason* of possessing a wonderful musculature, I have seen ample proof that constitutional, organic and nervous powers do not improve proportionately. I have even seen muscular marvels who were de-

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cidedly below the average in organic health. This is not derogatory to muscle-culture, but merely points out its limitations. Doubtless these men would have been worse off without exercise, tho there is room for discussion as to their having taken the best kind.

I have been talling of power for feats, but there is another kind of muscular strength of similar origin. Muscular endurance as evinced by the Marathon runner and the regatta oarsman also comes rapidly from training, and declines rapidly under neglect. Muscular endurance is founded on organic endurance. It is more general than momentary strength, the contractile power of the muscles; and more valuable to that extent, that it has a wider application; its greater practicability adapts it better to everyday life.

A combination of contractile power with endurance probably makes the ideal muscular state. But this combination is seldom found in fact. Admitting that the muscular stimulus behind a muscle's movements is a determining factor in a feat of strength, it cannot be denied that contractile power of a muscle varies directly as its cross section. This scientific law finds confirmation in the fact that the very strongest men possess very large muscles. On the other hand, the giant can not creditably carry his bulk in a Marathon unless his heart and lungs are as superior as his muscles, a condition very rarely found.

So neither one of these kinds of strength is as desirable as a mean state between them. Massive proportions give a man a certain prominence among his fellows that is not without value to their possessor; and muscular endurance has a good general effect on one's efficiency. So there is the salient virtue of each aside from its value to the specialist.

Just as it requires muscular power plus organic strength to equal endurance, so it requires muscle, endurance and heredity to give a high type of constitutional strength. When all is said for the possibilities of training, much is left to heredity. If a man could choose his parents and grandparents the battle for strength would be half won at the start. The anatomical characteristics, the size of the vital cavities and, to a less extent, the shape of the spine, are matters that are settled for the individual by his ancestors.

Tho diseases is seldom inherited, a pre-disposition to it may be, whereas a clean "family record" may result in fine health and strength that are maintained with comparatively little effort. Here is the place to explain that constitutional differences account for the puzzling fact that similar training often brings different results in two men. Fellows with heavy bones and highly vigorous constitutions often put on muscle without specific exercises, whereas the slim chap of weakly parentage works his head off in his room every night with no commensurate rewards. Do not misunderstand; the latter class would be far worse off without exercise, and they should not be discouraged. They are simply handicapped; many win out gloriously against natural disadvantages, but this does not alter the facts.

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Constitutional strength is always accompanied by at least average muscles and endurance; these are a part of the condition, the natural result of superior organism. So I should consider constitutional strength more valuable than either exceptional "display" strength or "Marathon" endurance. First, because of its significance in longevity and dependable health. Secondly, because of its more practicable application to everyday life—as a foundation for general efficiency. Thirdly, by reason of the fact that its possession makes the acquirement of other physical assets an easy matter. A person of fine constitution can hardly fail to develop a maximum of display power or Marathon endurance if he cares to specialize; whereas the possession of muscle does not always presuppose constitutional soundness.

The highest form of physical strength is nervous power, and this being partially mental carries us to the boundaries of this discussion. Constitutional strength is the most valuable of the purely physical assets; but a man may have a perfect constitution yet lack nervous "push." *Energy* is the connecting link between mind and muscle, and without the nervous organization known as push, ginger, pep, etc., the finest physical machine may lie idle. Many a giant's strength is wholly passive. Most of them, in fact, are decidedly phlegmatic. Since the dynamic element is inseparable from real strength, the degree of nervous stimulus has to be reckoned as a part of strength.

Nervous strength is the sum of all the others plus a psychic element. In its physical aspect it is less conspicuous than any of the other kinds of strength, because it is a blending of them—just as a well proportioned body attracts less comment than one of abnormal proportions. Nervous strength is power in action, harnessed ability. It is the kind most needed in the busy life of to-day. Upon it principally rests the virile power of procreation, the capacity for living a complete life and drawing from our labors more than we put into them.

In a word, the ideal all-purpose physique for to-day is one combining an active temperament with a vigorous but entirely normal body. The muscles should be well developed but not unduly massive, the endurance such as to leave reserve energy when the day's work is done.

BODILY TENSION

By Dr. Lionel Everett

In the mechanical world, machines, boilers, engines, etc., have safety-limits; to push the capacity or power beyond a certain point causes possible injury to the machine.

The human body is a machine, and the builders, Heredity and Mode-of-Life, have in every case attached a gage. But this indicator does not hang outside in an easily seen position, as it does in some power machines. The only way accurately to know our safety limit is by experience, observation of causes and effects.

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Machinists, engineers, etc. guard against any waste of power. It saves time, money, and wear in the machine to direct every ounce of power to its purpose. Again we are less fortunate; for in our case the engineer is often careless of waste. Not only is our indicator more difficult to study, but after we have grown familiar with our powers and limitations—knowingly, we waste and abuse our power, squander precious vital energy.

While no one should cultivate laziness, everyone should avoid useless exertion. This does not mean avoidance of pleasure; wholesome pleasure is by no means useless. We start each day with a certain amount of normally available energy; that is, an amount that can be expended without drawing on the "reserve," without making the fatigue pathological instead of physiological. No one should do work that leaves him exhausted at its conclusion; but before pronouncing our work too hard it is well to examine our methods of performing it. Of two persons apparently equal in strength one may do a given work with half the resultant fatigue suffered by the other. The former uses no more energy than is required.

Usually, it is not difficult to find and perfect the "easiest way" to do things, and by watching ourselves we can stop the big drains on our energy, the ones that are perfectly obvious. But the little drains, especially that apparently little one, tension, may be overlooked for years. Many persons who have never thought much about the matter will find, upon observation, that they expend considerable energy in purposeless tension of nerves and muscles.

Have you ever lain quietly at night and listened to some sleeper breathing? Observe the change as he sinks into slumber; the relaxation of the faculties (and of course there are physical reasons) leaves breathing to care for itself, and it becomes audible—sometimes decidedly so! Because of the disagreeable noise some breathers make, sensitive persons often develop the habit of controlling respiration. Here is an example of tension that ultimately becomes unconscious; one that is particularly injurious, since in addition to the waste of nerve energy there is a curtailment of air to the lungs. "Noisy breathing" should be cured but not by any means that reduces the volume of air breathed. Further, some uninformed victims of self-consciousness hold the breath, in an effort to appear calm when they are embarrassed. This immediately sets up high tension in every part of the body.

Demonstrations of unconscious tension are often seen at entertainments. At a play, susceptible persons will key themselves almost to the breaking point, and sometimes weep at the sad scenes. The instinctive desire for relaxation is seen when these people grasp the first opportunity to laugh heartily—perhaps at something that under different conditions would not provoke a smile. We might say, it is the cry of the nerves to be "let down."

Another common cause of tension, often unsuspected, is our method of dress. A person wearing tight shoes and trying to hide the discomfort will so tense all his nerves and muscles as to become

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very tired, just as tho he had walked a long distance. Sometimes the face shows the nervous tension, becoming drawn and haggard. Any article of apparel may affect us similarly, it "gets on our nerves" because of real or imagined discomfort. A young lady of my acquaintance induced a severe nervous headache by dispensing with the chain usually worn with her glasses. She thought she looked better without it, but the fear that the grip would slip and let the glasses fall worried her sick. She carried her head with unnatural stiffness and was afraid to move quickly. An observant person could plainly see the tensed cords in her neck.

Eye-strain causes nervous tension, but comparatively few realize how serious this may become. Dr. Bowers tells of a case of cataleptic fits in a young woman, a teacher, caused by a strained condition of the muscles of accommodation in one eye.

I have mentioned only a few causes of tension, there are hosts of them. The tendency to waste bodily energy grows on one, and severe cases of general nervousness have developed from some particular nervous waste long continued. Every one should watch for any signs of tension in himself, and "nip the habit in the bud." Useless movements when sitting, tapping the floor with the feet, drumming with the fingers on a table, fidgeting, etc., can be cured by watching ourselves for a few weeks. True, these are comparatively little things, physiological peccadilloes, but they indicate more or less tautness of the nerves, and are "little leaks" of energy. A person of calm, quiet bearing gives the impression of exceptional power, inspires confidence in his judgment and ability, whereas we instinctively doubt the nervous and flighty.

The cure for the "tension habit" depends mostly on negative measures, that is, on what you do *not* do rather than on doing certain things. You must quit "keying up." Get it into your head firmly that such a state cannot possibly help you in anything; then "let down, go loose," and stick steadily to this determination. It will take a little time and perserverance, but the sooner you begin the sooner, and easier, will come self-mastery.

Any unhealthful habits encourage the tension habit, by making you generally nervous. Excessive tea—or coffee-drinking, the use of tobacco in any form, loss of sleep, etc., weaken the nervous system, and you will not acquire perfect placidity until you are right in these respects.

Muscular tension, tho not so detrimental to the general health as nervous tension (in most cases they are more or less blended), is a waste of strength. That it often defeats its own purpose, when a voluntary action, has been shown to me many times. A beginning athlete will sometimes tense the muscles, throw them into high contraction against each other, as a preparation for a strength feat. Experience teaches him his error, for this in itself rapidly times the muscles. To try to do an arm lift of any kind with the upper arm rigidly tensed actually detracts very materially from the possible amount lifted.

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Shot-putters, as they pose momentarily before the cast, frequently make this mistake of tensing the muscles against each other. In this feat, to illustrate, the triceps is the muscle of the arm most used; to contract the biceps, the muscle that works directly against the action of the triceps, is bound to detract from the latter's power —much as would additional weight in the shot used. All athletes should seek to keep their muscles soft (when in repose), loose and relaxed before their efforts; far more power can be thrown into their performance, and their endurance will be greater. Some athletes recommend the bath as a help to relaxation, but when the aim is immediate condition for a test I am sure gentle dry massage of the muscles by a careful attendant is better.

Perhaps it is unnecessary to say that over-indulgence in sexual intercourse brings weakness of nerves and muscles, tho for adults, normal sexual activity is not harmful but beneficial. In this connection, I quote a paragraph from Dr. C. S. Carr: "Sexual contact (for some persons) produces a shock that requires days of recuperation before the damage done is repaired. With a healthy person the same sexual contact would give strength, would simply provoke more energy and recuperate the body."

MISCELLANY

A REMARKABLE CASE OF APPARENT DEATH

Rautenberg reports the case of a nurse, aged 23, who, October 27th, 1919, took in one dose 26 grains of morphine and 75 grains of veronal. When found in the park next day, life was almost extinct. She was thought to have died in the ambulance. The indications of death were: rigidity; intense pallor; absence of reflexes, pulse, respiration and heart beat. Hot sealing wax gave no skin reaction. After fourteen hours in the morgue, an official desiring to identify the body, the coffin was opened. The cheeks had a purplish tinge, and the larynx moved slightly. There were no respiratory movements nor pulse beat, but muffled heart sounds were audible. At 10 A. M. the patient was taken to the hospital. Camphor and caffein were given subcutaneously and stomach lavage was done. A hot bath was given and a flesh brush was applied vigorously, with artificial respiration and oxygen inhalation. At 11 A. M. the pulse could be felt, and short, jerky inspiration was noted. Rigidity of the limbs abated. At 12 the pulse was above 50. October 30, the patient regained consciousness and made a few statements. There were no signs of pneumonia, but persistent leukopenia was present.

How is it possible for a human being to live more than twenty-four hours without respiration and blood circulation? Rautenberg explains the strange condition as due to the

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effect of the narcotic and the cold which, acting together, brought about a paralysis of the vasomotor nerves and thus reduced the needs of the body to a minimum, the narcotic paralyzing the central nervous system, and the cold effecting the rigid paralysis of the organs. He thinks the cold may have prevented rapid resorption of the alkaloid. The condition was similar to that of hibernation of animals, and this fact tided the organism past the danger of pneumonia. (J. A. M. A., March 20th.)

THE THYROID—THE RELATION TO THE FEMALE SEXUAL SPHERE

Dr. J. Bear (Virginia Med. Monthly, Aug., 1919) draws attention to the generally accepted theory that the thyroid is influenced, to a marked degree by menstruation, pregnancy, and lactation. Men of trustworthy note, such as Aetius, Spraine, Hunter, Pettit, Waller, and Lange hold that there exists a close relation between the thyroid gland and the organs of reproduction.

The Romans used to appoint a committee of matrons to measure the neck of the bride on the night of the wedding with a silk thread and re-examine it again the following morning, and if there was a slight increase, it showed that coitus had taken place; on the other hand, if there was no enlargement, coitus had taken place before marriage.

Gaskell says: "Perhaps the most striking result of the researches is the discovery that the thyroid gland is derived from the uterus of the palestracan ancestor. The relationship which has been known from time immemorial to exist between the sex organs and the thyroid in man and other animals, and has still been a mystery without any explanation, may possibly be the last recollection of a time when the thyroid glands were the uterine glands of the paleostracan ancestor."

Tho these were once upon a time intimately united and are now widely separated, a strange coincidence continues to exist between the thyroid gland and the generative organs even up to the highest vertebrates.

The greater frequency of goiter during sexual life, both in male and female, indicates a close physiologic relation.

The greater frequency of goiter in the female and the greater susceptibility of this sex to experimental hyperthyroidism, the enlargements of the thyroid at puberty, at the menstrual period, at marriage, during courtship, during a period of excessive coitus, attending nymphomania, during pregnancy, during the puerperium, at the climacteric period and in uterine or ovarian congestions, indicates that there is an inter-relation more active in the female than in the male.

CONVULSIONS OF PSYCHIC ORIGIN

Dr. H. W. Frink (J. Nerv. and Ment. Dis.) reports the case of a girl, 23 years old, with attacks of convulsions occurring

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two or three times a month, but lasting only a few moments. Her illness began while she had whooping cough when she was two and a half years old. When she was four years old she had her first general convulsion and since that time the lesser attacks had ceased. The description of the convulsive seizure was as follows: As a rule there were premonitory symptoms consisting of feelings of fright and nervousness for several hours before the attack; then she would see a cloud before her, and this rapidly changed to a white figure with outstretched arms. The figure would advance as tho to seize her, and just as it seemed about to do so she would be overcome with a great feeling of terror, give one or two loud inarticulate screams and pass into unconsciousness. The vast majority of seizures came on at night. The patient had had the usaul bromide treatment for epilepsy.

Since she was nine years old, she had been troubled with what she called "impure thoughts," that is, she saw before her the male genitals, and at times the idea seemed to have taken on a true hallucinatory character. Three years before her first visit to the clinic she had what she took to be a vision: she thought she saw Heaven, Christ, saints and angels and she talked with them all night. For eighteen months before Dr. Frink saw her she had had a fear that she would kill herself. She also became greatly depressed and was afraid to go alone. She was bad-tempered and extremely sensitive and suspicious.

Her sexual history was as follows: When six years old she suffered an assault from a man who lived in the house with her. She told her mother about this very shortly afterwards. She began to masturbate when nine years old, and continued to do so until a little less than two years before she came to the clinic, when thru the encouragement of her priest she was able to overcome the habit.

Neurological examination showed some hysterical stigmata, but little else of importance. The treatment consisted in suggestion under light hypnosis. The results were very gratifying.

THE FIXED IDEA

A fixed idea is like a foreign body in the consciousness. Every passion *including love* is a pathologic condition, a disease of the spirit, rooted in an obsession.

NATIONAL EGOMANIA

Nations, like individuals, may become possessed with the delirium of grandeur and egomania, seeking to be lords of creation, and thus become a menace to the peace of the world, causing other nations to unite against them and overthrow them. Rome rose and fell; the present European war [and its aftermath, I would add] seems to be an illustration of this principle in history.—Mrs. Arthur MacDonald: Indianapolis Med. Jour., Sept., 1919.

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OUR IRON-CLAD CIVILIZATION

Prof. R. H. Whitbeck (Scientific Monthly, Aug., 1919) directs attention to the fact that our civilization is inherited from peoples who grew up in Southwestern Asia and the Mediterranean lands, regions singularly destitute of mineral wealth. Here intellectual progress far outran material progress.

The power of thought reached as great a height 2500 years ago as it has ever attained. The scope of the mind's activities has broadened with the accumulation of knowledge but its creative power is not greater.

The intellectual achievements of man, as distinguished from his material achievements, find expression in the products of thought, in poetry, philosophy, religion, literature. Such attainments are possible in any environment which is friendly to physical and mental vigor. The essential qualities of genius may develop in an environment of meager material resources, but with the material expression of civilization the situation is different; in each country they are governed by the materials which are available.

The material side of our present civilization is notably built up on iron. The great material developments of modern times have been directed in a material degree by the range of possibilities afforded by the ferro-alloys. It is the marvelous range of properties that can be imparted to iron by the tempering and alloying that make it the incomparable metal. With such a substance at his command and with coal to supply his energy man has unconsciously come to direct his energies and his achievemeents along lines served by this metal. An age of powerful engines, powerful ships, heavy guns, gigantic dredges, towering buildings, and other things of great weight and strength has come to pass; also an age of labor-performing machines which have given us our present industrial organization of society with all its ills and blessings. Iron and coal have not made our modern civilization. That is an outgrowth of centuries, molded and shaped by many forces and influences. But it was the influence of an *abundance* of iron and coal which has determined the trend of modern civilization and fixed the centers of wealth and of physical and military power. The world has come under the domination of the peoples that have great reserves of coal and iron and know how to use them.

HYSTERICAL SLEEPING ATTACKS

Carlill reports the case of a young man, aged 19 years, who, since early childhood, had been liable to go off to sleep at any time and without any feeling of fatigue. He had never been a week free from this. Except for enlargement of one of the turbinate bones, examination revealed no evidence of organic disease in any system. The boy's physical health was good. He was not addicted to bad habits. The Wassermann reaction was negative both in serum and cerebrospinal fluid, and the fluid was in all other respects also perfectly normal. Carlill was confident that the attacks were hyster-

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ical, due to his own suggestions; in other words, the patient hypnotized himself. His head was roentgenographed and he was told that the real cause of his illness had been discovered, and that an operation for the removal of a piece of thickened bone was necessary in order to effect a complete and permanent cure. Carlill trephined the skull in the right parietal region and removed the disk of bone. The dura matter was healthy and was left alone. The bone was normal. Directly the patient regained consciousness, he was shown the piece of bone and given it to feel, and he was told how successful the operation had been. From the date of the operation his sleeping attacks ceased entirely and he admitted that he was absolutely cured. He did not relapse. The patient has remained perfectly well since his operation eighteen months ago.—Lancet, No. 5025.

"THE EMOTIONAL CONSTITUTION"

Dr. E. Dupré (Bul. de l'Acad. de Med., April 2, 1918) defines the expression "emotional constitution" as a peculiar form of irritability of the nervous system characterized by diffuse hypersensitiveness, physical and mental, and lack of motor inhibition, both the voluntary and reflex kind. He says emotional irritability is normal in infancy and frequent in childhood but it should disappear in the adult with the development of a healthy inhibition.

The individual with an emotional constitution shows an increase in all reflexes, a general hyperesthesia, lack of motor stability with a tendency to pharyngeal, esophageal, gastric and intestinal and bladder spasm with frequent micturition; palpitation, emotional tremblings such as jerkiness of the extremities, grinding of the teeth, stammering and tics; circulatory instability as indicated by tachycardia, variable pulse, vasomotor instability and dermographia. There is also a tendency to chilliness and coldness or warmth of the limbs under the influence of the emotions.

PECULIAR METHOD OF SUICIDE

The London Letter to J. A. M. (Sept. 20, 1919) reports an inquest held in York on a woman, a physician and latterly a patient in a lunatic asylum. November, 1918, she told a visiting relative that she had attempted to kill herself and ought to be dead since she had stuck a needle into her heart. The medical superintendent was informed, and found two apparently simple pin pricks below the left breast. The patient had been suffering from melancholia and grew very much better and her delusions left her. Nothing more was heard of the needles until recently, when, after a few days' illness, the lady died.

The necropsy disclosed one needle sticking thru and a second one into the walls of the heart together with signs of acute inflammation.

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OLD FALLACIES ARE NOT NEW IDEAS

The world has never been in possession of more than five main ideas at any one time and is not now in possession of any more. These ideas came very early in the history of the race; indeed they may have appeared at a time when there were in existence only one man and two women or two women and one man, since all society is only an extension of these factors, and all literature a record of their behavior.

All these ideas but one came from the East. The only idea which we have originated is that a man who may know nothing about anything else knows all about government. These Western communities have achieved much in the way of complicating existence by the utilization of natural forces, and have assumed that they were generating new ideas. But finally they arrive at the limit of that accomplishment with which they are now most concerned, and men are enable to fly thru the air like a bird or dragon. They may reflect upon the matter, and conclude that these contrivances have no meaning, the conclusion at which that amiable and amusing preacher arrived, that this also is vanity, and that old fallacies are not new ideas.—Andrew Macphall: "Essays in Fallacy."

PROHIBITION

Every upheaval acts as a causative factor for changes—changes for good and changes for evil. In the N. Y. M. J., attention has been directed to the evil effects which are certain to come with the rigid enforcement of prohibition. The dangers of drug addiction have been pointed out, the upset of unstable nervous mechanisms from the added stimulation from caffeine, the incidence of diabetes from sugar, and other complications.

In an editorial of September 27th, a word is said about the possible benefits resulting from prohibition. It is suggested that the susceptibility to venereal disease is greatly increased when alcohol has been consumed. In addition to the lowered resistance there is the added carelessness and promiscuity. Moreover, many crimes have been traced directly ti alcohol. Finally, there is the economic factor. Can we at present afford to consume our resources in the production of alcoholic beverages while there is a scarcity of bread and labor?

Will the evils attending prohibition outweigh its benefits?

Qui vivra verra.

A ONE-SIDED EDUCATION

To-day in the American schools it is common to see pupils with the bodies of men and the minds of boys as a result of persistent exercise which are divorced from utility. This cult of the body is not new either. The Greeks educated the body; but their object was the attainment of the perfection of beauty and a heightened perception of it. Our object appears to be to produce athletes for the adornment of the drawing room.—A Macphall.

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WOMEN'S CHANGING FASHIONS

It is not love of beauty which suddenly reveals to a woman that last year's adornment is hideous, but the desire to change one form of ugliness for another. If she possessed that sense of beauty which comes from sincerity, and that in turn from freedom, she would once and for all agree upon some practice of adornment combined with utility, which would have a reasonable degree of permanence, rather than submit to the tyranny of an organized band of mercenaries, who exist for the purpose of exploiting her femininity. This passion in women for splendid apparel arises from their suspicion that they are not in reality beautiful, but have been told so by men whose senses they suspect are dulled by passion.—Andrew Macphall: "Essays in Fallacy."

A WOMAN'S "FOOL NOTION"

Last summer, Frank Ramey of Hillsboro, Illinois, drove his wife to the home of her parents near Donnelson for a visit. While he was tinkering with the automobile, a bug crawled into his ear. He tried to pick it out but only drove it into the inner ear. The neighbors exausted themselves trying to force the bug to crawl out of the ear and all the staple family remedies were tried without avail. Two physicians were likewise unsuccessful, when it suddenly occurred to the suffering man's wife that all bugs seemed to be attracted by light, and she suggested that a light be held to his ear in order to coax the bug out.

The two medicine men smiled indulgently at the woman's "fool notion," but allowed her to hold an electric flash-light against her husband's ear, and behold! out came the bug.

VENEREAL PROPHYLAXIS

Surgeon R. A. Bachmann (N. Y. M. J., Feb. 21, 1914) maintains that if every illicit or dangerous intercourse were followed by a reliable prophylactic, in a few years we should witness the passing of the scourge as complete as the eradication of yellow fever, bubonic plague, and malaria. In the Medical Record (Aug. 3, 1912) Dr. Bachmann takes up the subject of venereal prophylaxis, which for the purpose of classification is divided into two heads: the double method and the single method. Both can be applied immediately or later. The double method requires the application of two distinct substances to completely protect against gonorrhea, syphilis and chancroid. The single method aims to accomplish the same result by the application of one medicament. Various preparations and chemicals have been tried in the double method, but one is common to all—calomel ointment. The only variation in its use is in its strength. This ranges from 20 to 50 per cent. and is intended to protect against syphilis and chancroid. To prevent gonorrhea, solutions of bichloride of mercury, silver nitrate, potassium permanganate, the organic silver salts, carbolic acid, thymol and eucalyptol

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have been used. The steps of application are about as follows: First, Wash external genital organs thoroly with Hg Cl2 solution, 1-5000. Second, Inject into the urethra 4 mils of a solution of whatever chemical is thought best and retain this from 1 to 5 minutes. Third, smear entire penis with 25-50 per cent. calomel ontment, particularly about frenum.

The single method consists of one medicament, usually an ointment, which protects against all venereal diseases. The bases of these various ointments are lard, lanolin, and vaseline, alone or in combination. Calomel is the principal ingredient and by some is considered a sufficient prophylactic against gonorrhea as well as chancroids and syphilis. Carbolic acid, thymol, argyrol, protargol, lysol, and trikresol have been used incorporated with the calomel to increase its preventive value against chancroid and gonorrhea. A collapsible tube of metal-paper, or celluloid, is filled and is meant to be used as soon after exposure as possible. As with the double method no claim for efficiency if used later than eight hours is made.

The writer, having been convinced of the worth of the single method, has made a device which should overcome all the obstacles usually urged against the single method. It consists of a collapsible metal tube holding 6 grams of 33 per cent. calomel ointment reinforced by 1 per cent. trikresol. The main feature of the tube is a soft rubber nozzle 1.5 inches long which is inserted into the urethra and places the ointment well up beyond any possible area of infection and allows also a long time of contact with the ointment before it flows from the meatus.

NO TIME FOR NEW IDEAS

A leading candidate for the Presidency has intimated that this is "no time for new ideas." So said the Romans and the Jews when Christianity was born. So said the Inquisitors with Galileo before them. So thought George III when Jefferson was at work on the draft of the immortal Declaration. So felt the slave holders and northern conservators when the pestiferous abolitionists were struggling for the right to speak and write for the very sake of the ideas they wanted to express.

New ideas always seem to indoor dull and prejudiced minds like songs of disaster, and the traditional childish defense is to shut the eyes, clap hands over the ears, and scream. To manlier shepherds in the open fields, the birth of a new idea would always most appropriately be heralded by the glad songs of angels and the appearance of a new star in the firmanent. No attorney-general and no candidate, no political party and no political power, can set bounds and seasons for the coming of new ideas. Now if ever since the first Adam, or at any rate since the new Adam, the world travails in the birth throes of new ideas. Let us have faith.—Edward T. Devine.

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CRITIC AND GUIDE

INCORPORATING

The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, JULY, 1920 No. 7

EDITORIALS AND EDITORIALETTES

DANGEROUS CLINICAL THERMOMETERS

We have referred several times before to the fact that many thermometers sold in this country are worthless, not only worthless, but extremely dangerous. It is better to have no thermometer at all and judge of the patient's condition by the general symptoms than to have a thermometer that registers false. Nobody should buy a thermometer without a guarantee of its correctness. And manufacturers selling falsely registering thermometers should be liable for damages.

To demonstrate to physicians and nurses the worthlessness of some of the thermometers upon which they have been depending, the New York Department of Health established a testing outfit and 156 clinical thermometers obtained from doctors and nurses were tested. Of these 156 thermometers 84 or 54% were found defective! A thermometer registering considerably above or below the real temperature is a real danger to the patient—worse than no thermometer at all.

The New York Board of Health is trying to establish regulations for the sale of clinical thermometers and we trust that the manufacturers will live up to these regulations.

BE CAREFUL OF YOUR SHAVING BRUSHES

This is no joke and no false alarm. A number of men did become infected with that horrible disease, anthrax. Only recently a man in New York City developed anthrax three days after using a new shaving brush. He had never shaved

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himself before. The brush was examined in the Department of Health Laboratory and found negative for anthrax, but four other brushes obtained from the same store were examined and of these, two were positive for anthrax spores.

In another recent case we learn from the Weekly Bulletin of the New York City Department of Health, a man developed anthrax after using a shaving brush bought from a push-cart peddler. An examination showed that the brush contained anthrax bacilli. The pushcart peddler could not be found and one can only wonder how many more anthrax spreading brushes that pushcart peddler will sell.

NUMBER OF CHILDREN PER FAMILY

When we speak of mothers having six, ten, fifteen or twenty children we are told that these are things of the past, that no American mothers now have more than three or four children. As a matter of fact the census statistics show that in 217,893 cases the mothers had six children or more. In 38,343 cases it was ten children or more. In 1,820 cases it was fifteen children or more, and in 58 cases it was twenty or more. This applies to only about one-half of the population of the United States.

It seems to us that the man or woman who would take it upon himself or herself to furnish those thousands of mothers who had borne ten or more children with the knowledge of how to prevent further offspring would not be such a terrible criminal. What do you think?

THE BIRTH RATE AND INFANTILE MORTALITY IN THE UNITED STATES

Those who have not yet rid themselves of the bugaboo of race suicide would derive a great deal of comfort from a study of the statistics of the birth rate and infantile mortality compiled by the Census Bureau.

In the birth registration area of the United States, 1,363,649 infants were born alive in 1918, representing a birth rate of 24.4 per 1,000 population. Of this total number of infants born alive, 1,288,711 were white, and 74,938 were colored. The total number of deaths in the same area was 1,014,620, or 18.2 per thousand. The births exceeded the deaths by 34.4 per cent. For every State in the registration area, for most of the cities, and for nearly all the counties, the births exceeded the deaths in many cases by considerable proportions.

As is clearly seen, we are very far from the danger of race suicide, in fact very far removed even from the danger of stationary population.

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The infant mortality rate, that is the number of deaths of infants under 1 year of age per 1,000 born alive was 101. But a study of the infant mortality rates present some very interesting facts. For instance, the rate for male infants in 1918 was 111 per 1,000 live births, that is nearly 23% greater than that for female infants which was only 90. When the comparison is made on the basis of race or nationality of mothers, a minimum of 71 is shown for the infants with mothers born in Denmark, Norway and Sweden, and a maximum of 172 per 1,000 births for infants with mothers born in Poland. This mortality is even greater than that of negro children whose rate was 163.

INCIDENCE OF TUBERCULOSIS IN HUSBAND AND WIFE

Dr. Arnold Minnig (Jour. A. M. A., May 22, 1920) has investigated the incidence of marital tuberculosis and he disagrees with those who do not believe in adult infection. He found the incidence of tuberculosis in husband and wife to be 8.76 per cent. When one consort dies the mate has been infected in 50 of the cases.

There is such a thing as adult infection and we should constantly bear this in mind in our advice to our lay patients. In his opinion it is evident that when there is a continued massive infection over a period of years, and especially when the consort dies, patients are apt to be careless and slovenly, and there is not only a possibility of contagion but in one out of every two cases, active tuberculosis supervenes.

His investigation covered only dispensary cases and he agrees that in private practice the incidence of tuberculosis in husband and wife is smaller, which goes to prove the value of intelligent prophylaxis.

TUBERCULOSIS AND KISSING

The layman generally smiles superciliously whenever the subject of the danger of transmitting disease by kissing is alluded to. But the danger is a real one and not a fanciful one.

That syphilis has been transmitted by kissing has been proven beyond question times without number, proven in a scientific manner beyond the possibility of doubt. The

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possibility of transmitting tuberculosis by kissing has been affirmed by some and denied by others. But recent investigations have proved that possibility also on a scientific basis. Drs. Lawrason Brown, Petroff and Pesquero (American Review of Tuberculosis, December, 1919) have performed a number of bacteriologic tests which leave no doubt on the question. Patients who had tubercle bacilli in their sputum and saliva were made to kiss sterile Petri dishes at different times during the day. A number of times viable tubercle bacilli were demonstrated to be present on the dishes.

The danger of transmission of tuberculosis by kissing is particularly great soon after coughing. The possibility of transmitting tubercle bacilli to eating utensils and from there to other persons using them has also been demonstrated. There is no question that pyorrhea may also be transmitted by kissing, particularly kissing of the violent variety. Altogether it would be a good thing if the habit of osculation were restricted and limited to cases where each party is sure that the other party is not suffering from some affection of the buccal or respiratory organs.

MAN THE ONLY CRUEL ANIMAL

The Editor of the Medical Press, assures us that of all vices cruelty, deliberate and calculated, is the basest, and man has the singular and unenviable distinction of being the only animal capable of it, for cruelty implies the ability to imagine the feelings of others, and no sub-human animal is thus gifted. We cannot convict the lower animals of cruelty, seeing that they are wholly incapable of realizing the sufferings of others. The charge of cruelty against the carnivora is unjust. Not only do they generally destroy their victims outright, but in the rare cases—as when the cat plays with the mouse—in which they unnecessarily prolong the suffering of their victims, they have no knowledge of the pain they are causing. When, therefore, we stigmatize the conduct of the cruel man as "brutal," we are not less inconsistent than when, with characteristic egotism, we complacently designate such of our acts as are the reverse of cruel as *humane*. The carnivorous mother is capable of as much tenderness as any human.

The carnivore in attacking its prey is merely responding to a blind, unthinking instinct; but man, who looks before and aft, is able to realize, and to take pleasure in the pain he deliberately, and often by exquisitely subtle means, sets out to inflict. It is clearly absurd to speak of such conduct as brutal. Rather should it be called devilish, the devil himself usually being credited with a good share of intelligence. We must cease to libel the brutes by designating the basest acts of man as brutal, and to pride ourselves on our humanity when we summon up sufficient virtue to refrain from cruelty—we who, alone of all animals, are capable of this vice.

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ORIGINAL ARTICLES

PREVENCEPTIVE AND ABORTION—ARE THEY ON THE SAME ETHICAL PLANE?

Editor Critic and Guide.

The food and housing situation in the world is serious enough, it seems to me, to justify an extension of birth control propaganda to include the practice of abortion. There must be a decreasing birth rate for some years to come and all means not injurious to the woman ought to be employed to bring it about, if we are to avoid intensification of the evils of over-population.

Abortion used to be looked upon with horror. For that matter, so did prevenception. Today all intelligent and well-informed persons realize that both attitudes are unwarranted and foolish. Such antiquated opinions arise from inherited prejudice, not from accurate analysis or scientific knowledge. As a matter of simple fact, the technique of abortion has been so far perfected by modern surgical science that it is no more serious an operation than having a tooth pulled. In only very rare cases, where the work has not been done with proper skill, are there any bad effects. For a woman to submit to an abortion at the hands of a competent operator is really less dangerous, on the average, than allowing the pregnancy to go to term. This is a fact, at least in the United States, where abortion methods seem to have been developed with a high degree of technical skill. Such a development is of tremendous importance. The truth of it cannot be stated too often or known to too many.

To cite abortions that result fatally because ignorantly or clumsily done as an argument against abortion under all circumstances, is as absurd as denouncing all prevenception because in some instances harmful means may be used.

We shall never have true voluntary motherhood until the drastic laws against abortion that disgrace our civilization are so amended as to penalize only incompetent and bungling operators. That is, abortion per se should not be subject to any penalty whatever, but malpractice might very well be more rigorously regulated than now.

How ineffective the present laws are against abortion—at least in the United States—is plain enough when we recall that not less than a million operations of this sort are performed annually in this country. We have the editor's authority for this statement. Other physicains to whom I have shown Dr. Robinson's figures thought they were an underestimate of the truth rather than an exaggeration.

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So inoperative is the law against abortion in this country that we are certainly justified in saying American public opinion tacitly sanctions the practice if no injury is done the prospective mother. The best evidence to support this claim is that there are practically no prosecutions, even in those cases where women are permanently injured by the practice because of unscrupulous and incompetent operators.

I can think of no argument favoring prevenception that is not equally valid in support of abortion scientifically done. The time is here for a full discussion of the question in all its phases. Practice has already outrun our ethical theories. Whether we talk about abortion or not, it is going to be increasingly resorted to in all countries. Not only will pressure of food-shortage cause this, but the emancipation of women from age-old bondage and restraint and the admission of women to the practice of medicine and surgery make a greater and greater number of abortions every year a certainty.

The eugenic argument for prevenception is equally applicable to abortion. The rich and well-to-do, the prudent and more capable, have it done more frequently than ever before. The weaker stocks ought to have the same opportunity, ought, in fact, to be encouraged, to have abortions, under competent surgical care. Unless something like this is done the final effect of both prevenception and abortion will be highly unfavorable to the general level of fitness of the white race.

Let us frankly admit that "birth control" means just what it says and includes both prevention of conception and abortion. Let us not hesitate in this crisis to do our duty to avoid the horrors of over-crowding, of famine and starvation, with which the world is threatened.

HERMAN DEKKER.
807 Dekum Bldg., Portland, Ore.

P. S.—I hold it impossible to prevent the increase of abortion with the realization of greater economic and social emancipation for women. When women are as economically and socially free as men—as in many countries already, particularly in our own—no laws will really prevent abortion. Even if the penalties were made doubly severe on the statute books, the law would be ignored, just as it is today. If women once come to sit on juries trying abortion cases, they will not convict the operator who has caused no permanent injury to his patient. If the juries are mixed, the female part of it in such prosecutions will see that a mistrial results. The crux of our changing attitude toward abortion is the potent fact that it is generally, or can be made to be, an operation with no serious consequences whatever.

H. D.

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COMMENT BY THE EDITOR

Believing as I do in hearing the other side, I am glad to publish the communication of our esteemed contributor. But while considered by many good people an extreme radical, I confess that I am not radical enough to consider abortion on the same ethical plane as prevention of conception.

As we have tried to make clear so many times, one of the reasons for our persistent advocacy of prevenception is to do away with the justification for or the necessity of abortion. Even if abortion were as harmless and safe a procedure as our contributor claims it to be, it would still be ethically objectionable. True, as I said many times before, there are cases in which not to induce an abortion is a much greater crime than to induce one. But these are all exceptional cases, in which the induction of abortion is simply the lesser of two evils. But to say that a thing is a lesser evil is not equivalent to saying that it is no evil at all. The difference between abortion and prevenception is not merely one of degree; it is one of kind. They are two essentially different acts. In prevenception we prevent the spermatozoa from coming in contact with the ovum. We do this by either mechanical, chemical or physiological means. There is no destruction of any kind. And, ethically prevenception is exactly similar to abstinence. Prevenception is neither less nor more than abstaining from the act.

But abortion is a different matter. There we destroy something already created. If abortions were always produced within the first few days we might overlook the ethical objectionableness. But the trouble is that we cannot logically draw any line. If abortion is ethically permissible at three months, why not at four? If at four, why not at six? If permissible at six, why not at eight or nine? In other words, by considering abortion a perfectly permissible procedure we come very close to justifying or permitting infanticide.

If anybody will satisfactorily answer this objection I shall be ready to consider the question again. W. J. R.

THE NATURE MAN

By B. Liber, M. D.

I heard a great noise in the street and, looking out thru the window of my office, which was located in a very populated section of the city, I saw an immense and compact crowd of people of all ages and both sexes. All the eyes were directed toward one place and all the fingers pointed toward one spot, which I could not distinguish. I thought that some grave accident had injured someone and that the victim was being brought to me for emergency treatment, as it happened

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so often in that neighborhood. But I soon observed that the mob was too amused for such an event and that it was really mocking and laughing at the expense of somebody who probably had taken refuge in the entrance hall of my house. Some even raised sticks and others threw fruit peel in the same direction.

My doubts were dispelled when the bell rang and in the shadow of my door stood the figure of a young man of extraordinary appearance. After a short fight with the multitude that followed him, after chasing everybody away and bolting the door, I remained alone with the visitor in my waiting room.

He was about thirty years old, middle-sized, well proportioned. His face was dark complexioned, had regular features and was largely covered with black-brown, thick hair, to which scissors were apparently unknown. His square beard was long and wide. He wore no hat and his hair curled down to his shoulders and beyond them and hid his ears completely. He was barefoot and his clothing consisted of a sort of shirt without sleeves, more dirty than white, without a collar, and leaving the chest almost entirely open. From his belt was hanging a large bag, which was made, just as the shirt and the belt, from a coarse cotton material. He carried a long, heavy, rough, knotty stick.

My name is Cammino, he introduced himself in broken English, I am a nature man, I travel all over the world and talk to the people.

And he told me his story. He had been in many lands, in Europe, Asia, Africa, South America, and now he was visiting the United States, preaching the gospel of "back to nature."

He now changed his plain manner and words and began to use the sensational phrases habitually employed by all those "nature men" whom I had met at previous occasions in other countries. But as he had no schooling to speak of and as his mentality was not brilliant, his talk, in which the words and sentences were incongruously placed and improperly applied, was awkward and comical. He made foolishly declamatory and exaggerated gestures, closed his eyes and distorted his face. He evidently tried to pose as a prophet. I studied him and watched for symptoms which would reveal whether his was a case to be classified within or without the limits of the normal. I thought this was perhaps the type of one of those primitive saviors, saints or impostors around whom whole religious sects and systems have been built. After a vain attempt to impress me and seeing that I sat cold and unmoved, he stopped his speech and waited.

I asked him then to tell me in as simple a language as he could master, what had brought him to my office. As a

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reply, Cammino took out from his bag a number of thin booklets printed in many tongues and illustrated with the author's pictures in all kinds of postures. I glanced thru the pages and noticed that not only was the text in all of the pamphlets orthographically wrong and stylistically unintelligible, but that where it had any meaning, it was scientifically untrue and erroneous even according to common sense. The price was exhorbitant. Cammino told me that he was making a living from the sale of the books and asked me to help him spread his literature by commending it wherever possible. I told him that his trash was valueless, and I showed him the most obvious mistakes and falsehoods. He then explained me that he had only dictated the books, that others had written them and that, in fact, he was unable to read and write.

When I asked him why he had chosen me as a helper, he said: Because, as I heard, you are a vegetarian.

I answered that the theory of vegetarianism was the exact opposite of his ideas, as to avoid killing animals for food is the most unnatural, the most anti-natural, the most artificial mode of life, the one mostly due to will and least to instinct, unless we call natural anything that anyone does, because, after all, everything, including our will power, is a part of nature. He looked extremely astonished at my words, but I went on and said that if I were really and literally a believer in nature as he understood it, I would not only devour animals, but also weaker men and children, and would commit many other horrors.

If so, why are you a vegetarian? he asked.

Just because it is not natural to be one; I enjoy immensely fighting nature.

This is the first time I hear that vegetarianism is unnatural. I always knew and I am preaching and teaching that flesh eating is against nature. I discussed this matter with many a learned man during my travels, but none of my opponents ever gave me such an argument. And now you, a friend, a man with the same ideas as my own. . . No, you cannot mean it, you are poking fun at me.

No, my dear man, I am in earnest and I think we are not friends of the same ideas, we belong to two entirely different schools of thought.

Which means? . . .

Which means that I am not going to help you at all. To my mind you are a harmful man.

What would you want me to do?

Do? . . . Why, just live. First learn and then teach. You seem to know nothing so far. And live, not as an exceptional being, but be one of our crowd. Even if you were right,

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your life, being so unlike anybody else's, is so impractical that it cannot be an example to be followed by the average person, that is by the people to whom you speak. If you would be a model of the right way of living, as you see it, you should not try to be so unusual. . . Do you think many have abandoned civilized life and become your disciples?

No, but. . . .

So, you see, your influence is nil, your work, if we may call it so, is wasted, unless you have no other intention than to make money.

Well, doctor, I shall try my luck in this city without your aid. But, perhaps you can give me an advice concerning an illness. . . .

What? Do you believe in physicians and their remedies?

Officially, not; but while I am here. . .

* * * * *

A few days after Cammino's visit to my office, I read in the papers that the police had arrested him in order to protect him against the New York street urchins, who are notorious for their intolerance.

One evening, passing thru one of the most popular squares of the city, I saw him on a platform, speaking to a group of workingmen who were coming out of their shops and factories, on their way home. Tired and dusty, with the rattle of the machines still in their ears, they were attracted by the speaker's appearance, but they did not seem to become convinced by his words. In the midst of the buzzing city, of the fast running vehicles, in a place framed by tall buildings, in a world full of "artificiality," Cammino, with a great show of hand movements, with his head thrown back, was calling men and women out of this scheme of things back into "natural living," while his partner, a young boy dressed like everybody, pushed thru the audience and sold the pamphlets.

If at least he were a real fanatic, if he believed his own words! But I knew how little sincerity they contained, and I left, thinking that this man, altho insignificant, was one of the many parasites on all these hard working people and that he was able to escape the hell of modern industry only because they were suffering for him.

Each time I passed the busy thorofare, Cammino's words rang out and caught the passer-by.

"No need of machinery . . . coal unnecessary . . . mining . . . even matches . . . this great nature _ _ _ look at the animals . . . simple life . . . nuts and fruit _ _ _ healthful mind and body . . ."

Night after night Cammino worked the street crowds and his business was progressing continually. But one evening

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he failed to come to the meeting; he did not come the next day, nor the day after, nor at any time in the next months. He had disappeared, and the big city never missed him.

* * * * *

I had altogether forgotten Cammino, when one morning, at dawn, I was awakened by an elderly woman who asked me to accompany her to her sick husband at once. There was nothing unusual for me in this request and I prepared to go. But when I inquired for the name and address of the patient, so as to leave it home, she refused to give me the desired information. She said: "My car is awaiting at your door." Under such circumstances I declined to go. She finally told me that the man for whom she needed me was no other than Cammino.

I consented to see him; it was mainly for curiosity's sake.

The automobile was soon rolling at high speed, passing out of the city and spinning up the hilly roads of a near-by country town. The old lady, who looked prosperous and was quite elegantly attired, spoke only rarely; but I could learn from her a few details concerning Cammino's life in the last year. He was all changed, he was dressed like everybody else, the only thing remaining from his past being his full beard: she had insisted that he leave it untouched. "I like him better this way," she added.

Later she said: He does have a little primitive hut behind the house, but it is now a long time since he was there.

Presently we entered the road leading to her home, which was an imposing palatial structure, sumptuously equipped.

Cammino's room and bed were empty. After some hunting, the lady, all in tears, took me to a cave-like dwelling.

I don't know whether he is again under the spell of his old beliefs or he wants to pretend before you that he lives here according to his theories, she sobbed. He is so sick! He should be in a comfortable bed!

I descended the hole alone, making to the lady and to her attending servant a sign to leave the place. Cammino was dressed or undressed exactly as he had been a year ago when he first came to my office. He sat up on his cot and answered my questions. The examination showed nothing abnormal.

Then an interesting conversation began, during which Cammino fell back into his old form of speech.

"Nature . . . simplicity . . . living from the gifts of nature . . . everything artificial is evil . . . just wait until the ripe frutis drop from the trees . . . your civilization engenders vice . . . away! away with your temptations! . . ."

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But I interrupted him and spoke to him severely. How long was he going to try to deceive me? Did he think I did not know that his life was far from being simple? And why is a house artificial? How about the beaver's house? And the ant-hill? And the bee-hive? And the birds' nests? Did he not know that it was wrong to wait until the fruits would fall down from ripeness, as other animals would not wait and would pick them before we could get them? Did he not know that all he said was false, and how long will he be a hypocrite and somebody's parasite?

He caught me by the sleeve and implored me not to tell his wife about our conversation.

Important interests, important interests prevent me . . .

Angered for having been brought there for the purpose of helping this fraud, I gave the old lady my frank opinion about him. She broke down, and walking with me thru her splendid flower garden, she told me a tale which proved to me for the thousandth time that not only women's but men's bodies as well could be hired or bought.

INTERNAL SECRETIONS FROM THE SEX GLANDS AND THEIR RELATION TO PHYSICAL DEVELOPMENT

By Winfield S. Hall, Ph. D., M. D., Chicago, Ill.

Secretions are classified in two groups, the external secretions being those that are poured out upon the cutaneous or mucous surface. Examples of external secretions are the saliva, poured into the mouth; perspiration, poured out upon the surface of the skin; gastric juice, poured into the stomach; bile, from the liver, poured out into the intestines, etc. Examples of internal secretions are the secretion from the thyroid gland, the secretion from the suprarenal bodies, which are two little glands, just above the kidneys. Some glands make only external secretions, as the salivary glands and the sweat glands. Other glands make only internal secretions, as the thyroid gland and the suprarenal glands. But some glands make both external and internal secretions. For example, the pancreas prepares the well-known pancreatic juice, which is an external secretion poured into the intestines, there to exert an important influence on digestion. The pancreas also prepares an internal secretion, which is absorbed back into the blood, there to exert an important influence on the use of sugars and starches in the body. The liver prepares an external secretion, the bile, which is poured out into the intestine, to exert an important influence on digestion. It also prepares several substances that are absorbed back into the blood. These substances are internal secretions.

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The sex glands belong to this third group of glands, namely, to those glands that prepare both external and internal secretions. With the external secretions of the sex glands, men have been acquainted for thousands of years. The oldest writings make occasional reference to the "seed of man." While this term, "seed of man," applies frequently to the progeny of man, in other cases it is evident from the context that it refers to the **semen.** In fact, the word **semen** means **seed.** In a similar way, men have for a long time known about the products of the ovaries—the external secretion—the eggs; but it is comparatively recently that we have come to know about the internal secretion; in fact, the whole subject of internal secretions is distinctly a modern subject. There was no thought of any such thing existing before the epoch-making work of Brown-Sequard whose principal publication on this subject appeared in the **Archives de Physiologie** in 1889. Two years later Poehl of Germany, writing in the **Berliner Klin Wochenschrift,** refers to this internal secretion from the testicles as **"spermin,"** a term which has frequently been applied to it since, though not universally used to designate it. In 1896 Zoth made some important contributions on this subject, which were published in Pflueger's Archives of Physiology. Zoth showed that this substance immensely increased the working power of muscles when injected into them before experiment. Since that time more than a score of important communications have been published regarding researches in the laboratories of Europe. Most of these have been within the last twelve years. Practically, without exception, they have confirmed the earlier findings, so that the proof is now positive and final that the testicles, as well as the ovaries, prepare this internal secretion from the beginning of adolescence throughout adolescence and middle life, and to the beginning of the senile period. The best summary of these recent investigations on the internal secretions from the testicles and ovaries has come from the pen of Professor Francis H. A. Marshall, and is entitled "The Physiology of Reproduction." Chapter IX, p. 303 (Longman-Green and Co., London, 1910).

The more important contributions in this field have been from those named above and from Shattock and Seligman, Nussbaum, Knauer, Halbin, Essen-Moeller, Kleinhaus and Schenk, Ancel and Bouin, Paton, Fichera, Starling.

Summing up the evidence from all sources, including those just above stated, Marshall says:

"The fact that the testis is an organ of internal secretion seems now to be definitely proved. This secretion is probably formed throughout the entire reproductive period of an animal's life." (page 353).

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The internal secretions in general have been found to exert a most profound influence on nutrition and development, as well as on several physiological functions. For example, the internal secretion from the thyroid gland determines and controls the development of the normal infant into the normal youth; while the internal secretion from the testicle or ovary determines the development of the normal youth into the normal man or woman. If the thyroid glands were removed from the throats of two puppies, out of a litter of four, these two puppies, instead of growing up into perfectly normal, active, alert, playful young dogs, as would the two unmutilated puppies, would grow into drooling idiots, unable to walk, unable to feed themselves, having a vacant stare, slobbering and drooling from the mouth, and wallowing in their own filth, objects of the most abject idiocy conceivable. A similar thing would occur in the development of a human child who, through some misfortune, might lose the thyroid gland, or whose thyroid gland might be wholly incapacitated through disease or failure to develop. There are many cases of this kind shown and described in medical literature, as cases of cretinism.

Once the animal has passed through the stages into normal youth, then we come to the period, noticed heretofore, at the threshold of its adult life, when the internal secretion from the sex glands exercises upon its development and influence no less profound and far-reaching than that which is exerted by the secretion from the thyroid gland on the development of the infant.

One of the best examples that can be cited of the effect of the internal secretion from the testicle, is that which it exerts upon the development of the horse. Most young men have seen, either at horse shows or upon farms or ranches, pedigreed stallions. No person can see one of these splendid animals without admiring, if not actually standing in awe of its splendid physical force, beauty of outline and grace and power of action. He is the physical ideal of the horse kind. What is the source of his strength and beauty?

The physical features that one notes peculiar to a stallion are, first, the great breadth of chest, the great mass of shoulder and hip muscles, the high-arched neck, fiery eye and luxurious mane and tail; second, the functional features next noticeable are the greater alertness and constant physical exuberance, as manifested especially in the gait and the frequent whinnying. The thoughtful observer at the horse show or the ranch cannot but compare these animals with the gelding. Two colts on a ranch may be full brothers, from the same pedigreed stallion and the same pedigreed dam. At the age of two years these two young horses may be as alike as two peas in a pod. One of these promising young animals is chosen, because of

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some commendable peculiarity of temperament or action, to remain unmutilated as a progenitor of his kind upon the ranch. The other is subjected to the veterinarian's knife and ecraseur, and deprived of the testicles, the made sex glands. From the day of this operation these two animals (in every respect alike, except that one is unmutilated while the other is deprived of the glands mentioned above), develop along radically different lines. The stallion develops during his third year and fourth, into the noble animal described above. These two years form his period of adolescence, and the changes which he undergoes, physically and temperamentally, are closely parallel to those which the human subject undergoes during his adolescence. In two years the stallion develops into the great, fiery-eyed, hard-muscled war horse, such an animal as the general delights to trust himself to as he leads his forces into battle, confident that his horse will carry him up to the belching mouth of the cannon if he wishes to go there. The stallion is absolutely fearless and tireless.

The gelding, on the other hand, develops into an animal that is in every respect a neuter. Physically this animal develops a body almost identical with that of the female of the same species. Temperamentally the gelding is a patient, plodding beast of burden, and though under good grooming he may show considerable life while under the control of his driver, who gives him an occasional touch with the whip, he seldom shows any interest in other members of the horse family, either male or female; and in the pasture or stable his neuter sex is ever apparent. While he may contend mildly for a place at the feeding trough, he never essays the defense of any weaker member of the herd; and one stallion would put a hundred like him to flight.

The thoughtful observer of these phenomena cannot help wondering what has made this radical difference in the developement of these two animals. The solution of the problem is not far to seek. From the beginning of puberty to the beginning of senile decay the stallion derives from the testicles what is referred to above as the internal secretion (spermin). Physiologists agree that the internal secretion secreted by the testicles is absorbed by the blood and lymph, is carried to the brain and spinal cord, to the muscles and glands, and there produces this profound influence indicated above.

So we have discovered the source of the stallion's strength and beauty. What is true of the horse is true of man. The young man at puberty (about 14 years) begins to receive from his testicles the internal secretion which leads to development of his full manly powers. The sum total of the qualities peculiar to manhood has been called VIRILITY. For want of a better word, this term has been applied to the sum total

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of the male qualities of any animal whatsoever, so that the male qualities of the stallion are also compassed in the term, virility.

One will naturally want to know at this point, if this lesson from the beast of the field can be applied in all its details to the human subject. The unqualified answer to this question, in the light of these researches, is in the affirmative.

An exact parallel to the condition described above can be found in the eunuch of the Orient. Two thousand years ago in human history it was a common thing in Western Asia for boys who were born in bondage, or sold into bondage, to be castrated. Such boys were sometimes brought in by the hundreds as a part of the spoils of an aggressive war, and sold into slavery. As a rule these boys were castrated before they entered the age of puberty. The men who had bought them knew from experience that if they were not unsexed, they would, when they reached their young manhood, rise up and demand liberty, and that they would fight to the death to regain liberty; but such slaves are neither safe nor profitable to own. So the men who owned these boys as mere chattels simply had them castrated, well knowing that when they grew up they would be just as docile beasts of burdens as are the geldings. These eunuchs of the Orient who were castrated before puberty may be described as flabby-muscled, squeaky-voiced, beardless, namby-pamby mollycoddles, whose temperament manifested qualities of cringing servitude and lack of initiative. There is a curious tendency on the part of these creatures to lay on festoons of fat on chest and hips, presenting a pitiable similitude to the general outlines of the woman's body. These creatures are as different from a virile man as the gelding is different from the stallion. The secret of this difference is easily to be found in the fact that they have been deprived of the influence of the spermin from the testicles.

The application of all this to the adolescent young man must be very evident. From the time the youth passes into his adolescence, from the time that he begins his rapid growth in stature—from the time his testicles begin their rapid growth increasing as they do several-fold in volume in the space of three years—from this time on the youth receives every day of his life, perhaps every hour of the day, three hundred and sixty-five days in the year, the internal secretion into his blood. It is carried to the heart and sent out in a thrilling, throbbing stream through the arteries to every growing tissue of his body. His red blood is carried into his muscles by his strong young heart, and as the months go by his muscles grow in volume and in tonicity. They lose the flabbiness typical of a boy in the ugly duckling stage of preadolescence, and assume the hardness typical of the muscles of the virile man. The

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trained football or basket-ball player, the trained boxer or wrestler can receive terrific blows on any part of his muscular system without showing any evidence of pain or of injury to the tissues.

This same substance, the spermin, is carried to his central nervous system, to his spinal cord, his medulla oblongata, and his brain, and hammered into these by his strong young heart; and straightway his nervous system shows new functional attributes. He begins to act like a man, he begins to think like a man, he begins to do big things in a man's way; he begins to make ambitious plans in a man's way, **and he is a man, every inch of him.**

He has put away boyish things; there is a new light in his eye. This light is nothing more or less than light from the kindling fire of manhood. He begins to see visions of great things out in the world to be done, and he is ambitious to get out in the world and do them.

In this connection it must be noted that some boys and young men seriously interfere with this natural process of developing from youth into manhood by the act of masturbation or self-abuse. If this act is begun before puberty, and continued at comparatively frequent intervals, say, three or four times a week, or daily, the youth might almost as well have no testicles during such period of self-abuse; and if persisted in during the years of puberty, he will, instead of developing into the hard-muscled, fiery-eyed, ambitious young man described above, develop into a flabby-muscled, namby-pamby, cowardly mollycoddle, lacking in initiative and will-power.

Those who know conditions among boys are conscious of the fact that a very large proportion of boys, in some stage of their development, get into this habit. Some boys acquire this habit of masturbation or self-abuse from a long, tight fore-skin, under which irritating secretions collect. These little boys in their innocent attempt to allay the itching, put their hands upon their organs. It is easy to understand how readily they may learn in this way the act of self-abuse. Other boys come under the malevolent influence of older, low-minded boys, who deliberately teach them the act of self-abuse. In any case, once the act is learned, whether accidentally or otherwise, if repeated frequently, it seriously interferes with the plan of nature for the young man's development, and he fails to grow into the splendid type of manhood that was his birthright. The degree to which he falls short of reaching the full stature of manhood will be in direct proportion to his departure from nature's laws of clean, right living.

Fortunately, most of the boys who begin the habit of masturbation, quit it in their middle teens and quickly recover.

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It is probable that not more than one youth in fifty continues the habit through his teens and twenties and is permanently injured.

It cannot be assumed that the condition of virility once attained, will always continue. It must be maintained. To be maintained, this vital substance produced by the testicles must be continuously absorbed into the blood. When once the man or boy understands this, it must be evident to him that he has, to a certain extent, the making or marring of his own virility; that it is not simply an inexhaustible source of power provided by nature, but as such a natural resource as a forest or a coal mine, it may be exhausted, and, if not husbanded carefully, will be exhausted. On the other hand, clean, right living and clean right thinking will give mother Nature a free hand. The young man will attain and easily maintain the highest quality of virile manhood.

It is a well-known fact in the medical profession that the ovaries of the female exert upon her development an influence analogous to that which the testicles exert on the development of the male. The ovaries of the female form a substance which, getting into the blood, is carried by that fluid to all parts of the body, where it exerts a magical influence upon the adolescent individual.

If of two males of the cattle kind one were castrated at the age of ten months, the natural one would grow into a great, strong, hard-muscled, fiery-eyed, alert, belligerent bull, while the castrated one would grow into a patient, meek beast of burden—the ox, or the beef steer.

If of two females of the cattle kind, one were to be subjected to a surgical operation in which the ovaries were removed, that one would grow up into a patient, meek, beast of burden, an ox, while the natural one would grow up into the typical female of its kind, the cow, possessed of all the fine qualities which mark typical femininity.

In order that a female of any kind shall develop those splendid qualities of femininity which all the world admires, it is necessary that she receive from her ovaries during all the years of development this magical something—the **internal secretion** which passes from the ovaries through the blood to the developing parts of the body.

If a girl of eight or ten years were to lose her ovaries she would fail to develop those qualities of radiant young womanhood that the whole world admires. She would fail to develop that beautiful symmetry of body and graceful rotundity of arm, neck and limb typical of this period of her development. She would fail to develop that beautiful coloring of brow, cheek and throat that is her birthright. She woull fail to develop that wealth of glossy hair that is her crowning glory.

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She would fail to acquire that lustrous light in the eyes that marks her entrance into womanhood. On the other hand her development would take a turn toward the masculnie. As the castrated male develops toward femaleness, so the castrated female develops toward maleness; and we need not be surprised to see her at twenty-five with a heavy voice, bewhiskered chin, square shoulders and a long stride, a being who, in trousers, would pass anywhere for a man. Such is the working of nature when defeated in her plan. If a woman twenty-five to thirty-five were to suffer the loss of both ovaries, she would probably go very early into a condition of senile decay, and, in a few years after the operation, might easily pass for a woman of fifty-five to sixty-five.—Urol. and Cut. Review.

More than once has it been my disagreeable duty to call attention to the fact that many physicians, physiologists and sexologists, in the perfectly laudable desire to break boys and girls from bad habits and to make men and women good and moral, take certain liberties with scientific truths, making false analogies and exaggerating or minimizing certain factors, as happens to suit their purpose.

The above article by Prof. Hall is an illustration. Dr. Hall knows that the sex glands elaborate two kinds of secretions, one external and one internal. In masturbation it is the external secretion only that is wasted; the internal secretion can still exert its beneficial effect on the organism. And yet thruout the article Dr. Hall conveys the impression that the effects of masturbation are equivalent to those of a total removal of the testicles or castration. This is, of course, an entirely different matter. In castration the possibility of an internal secretion is also destroyed. I might also say that the description of all eunuchs as "flabby-muscled, squeaky-voiced, namby-pamby molly-coddles" is incorrect and rests upon tradition and not upon facts. Many eunuchs are strong-muscled, well-developed giants.—Editor "Critic and Guide."

MEDICINE AND THERAPEUTICS

APHTHAE

Aphthae are pale yellow patches which, either single or in large numbers, attack any part of the mouth, least often the gums. The affection usually takes a tedious course, and often heals spontaneously.

The following remedies have been recommended:

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Weak antiseptic solutions: boric acid, permanganate of potassium, to be applied to the mucous membrane.

Lime water as a mouth wash.

Sulphurous acid, strong or diluted, locally; diluted as spray.

Bismuth, freely to the parts, as a local application.

Glycerin is sometimes useful.

If the affection depends on indigestion, the following is useful:

℞ Pulv. Rhei Comp. ..... 3 i j
Sacch. Lactis ..... q. s.
Div. in pulv. ..... x i i

Sig.: One powder thrice daily.

In very severe cases a five-per cent. solution of silver nitrate should be applied.

ACNE VULGARIS

In handling cases of acne, some physicians confine their attention to the scalp, disregarding the acne lesions of the face. If the scalp shows a condition of seborrhea, characterized by large yellowish scales, a preliminary shampoo of a solution of potassium carbonate (15 gm. to the liter) is ordered, followed by the use of green soap tincture once a week, and the daily use of a sulphur ointment.

℞ Sulphur precip. ..... 3 i
Sodii bor. ..... gr. x
Ung. aquae rosae ..... 3 i i i
Cerati albi ..... 3 i
Petrolati ..... 3 v

Comedones are to be carefully expressed. The preliminary use of hot towels, for from five to ten minutes, is useful in stubborn cases.

The primary lesion of acne is invariably a comedone. By getting rid of the blackheads, we avoid this next stage of development which is a papule surrounding the comedone.

Pustules must be opened and drained which is best done with the von Graefe cataract knife.

Diet is considered more essential than intestinal antiseptics. Pastry, hot bread, cheese, fat meats and greasy articles are prohibited. The food should be served at regular intervals, thoroly masticated, and eaten slowly. Plenty of water should be taken during meals.

ACNE ROSACEA

Rosacea is a chronic inflammation of the face and the nose which is not always due to abuse of alcohol.

In the curative treatment the usual rules of health should be observed, but particular care must be given to digestive disorders. The diet should be of the simplest; alcohol to be

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avoided; coffee and tea to be restricted. Regular action of the bowels is peremptory.

An ointment containing resorcin 20 grains, and zinc oxide 20 grains to the ounce; or ichthyol ointment, 20 to 30 grains to the ounce, may be used.

Calamin, oxide of zinc and bismuth carbonate in a lotion is useful.

Ichthyol internally (5 to 10 grains) is also of value.

Proper exercise and frequent bathing are to be recommended.

FREQUENT ABSCESSES

The following prescription is good:

℞ Sulphate of quinine ..... 1 grain
Ext. of nux vomica ..... ¼ grain

For one pill, to be taken every three hours.

This is another useful prescription:

℞ Quinine Sulph ..... 3 j
Ferri Pyrophosphatis ..... 3 j
Strychninae Sulph ..... gr. j
Ac. Phosphor. Dil ..... 3 i j
Syrupi Zingiberis ..... ℥ i j
Aquae q. s. ad ..... ℥ i V

M. Fiat misture. Sig.: A teaspoonful thrice daily.

Some observers recommend fresh brewers' yeast in doses of 3 j to 3 i j in water or undiluted just before or during meals.

For the treatment of suppurative skin lesions so common in children, a twelve-volume solution of peroxide of hydrogen as a skin wash has been recommended. This is to be applied twice daily, and is said to cure superficial lesions rapidly.

ANGINA PECTORIS: TREATMENT OF A SEVERE ATTACK

In a severe attack the subcutaneous injection of morphine —¼ to ½ grain—is absolutely necessary, and often gives prompt relief.

Inhalations of amyl nitrite—3 to 5 minims—should also be given, followed by the administration of nitroglycerin. This is best given in drop form as in the following mixture (endorsed by Strumpel):

℞ Nitroglycerin ..... gr. 1/3
Alcohol
Aquae dest. aa ..... 3 i i s s

M. Sig.: 20 gutt. every 4 to 6 hours.

Hot applications to the chest or a hot general pack are

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serviceable. Compound spirit of ether (Hoffmann's Anodyne) in ½ to 1 dram doses is valuable in hysterical cases.

Nitrate of aconitine—1/300 grain doses thrice daily—is recommended. Sodium nitrite—1 to 2 grains—or Fowler's solution 5 m. after meals, are said to be of value in preventing paroxysms.

Diuretin is given in 10 grain doses as a prophylactic.

On recovery from the attack tonics and restoratives should be given.

ASCITES

Ascites means dropsy of the peritoneal cavity and is marked by a painless swelling of the abdomen which assumes the shape of a barrel. This is caused by the accumulation of serous fluid. Ascites is due to local infllammation or to cardiac, renal or hepatic disorders.

Rest, limitation of the amount of fluid ingested, and free movement of the bowels are essential features in the treatment.

A salt-free or salt-poor diet has been found to reduce the amount of fluids in the body. Milk diet as a remedy for ascites has stood the test of time. Tapping must be done under aseptic precautions and repeated when necessary.

The following is a good prescription:

℞ Potassi bitartr..... 3 s s
Mellis..... 3 j

Sig.: A teaspoonful every two hours until bowels move freely.

Digitalis combined with squills is very useful.

Theobromine is most effectual in the dose of 10 to 15 grains (0.65 to 1 Gm.) three times daily, given dry on the tongue and washed down with water.

Arsenic has produced very gratifying results.

ASTHMA

Asthma is characterized by spasmodic attacks of distressing respiratory dyspnea. The paroxysms may last from a few minutes to several days. Relief may be given by the inhalation of chloroform, or by a hypodermic injection of adrenalin chloride, beginning with 3 minims of the 1 to 1000 solution.

The drinking of strong hot black coffee or a dose of spirit of chloroform in hot whiskey will sometimes produce relaxation. The sovereign remedies for asthma are arsenic and iodin. A good prescription is the following:

℞ Potass. iodidi..... 3 j ss
Liq. potass. arsen..... 3 j
Spts. eth. co..... ℥ii ss
Tinct. belladonnae..... 3 i j
Syr. aurant. cort ad..... ℥ v j

Sig.: Two teaspoonfuls in water after meals.

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When asthma supervenes upon chronic bronchitis, treatment of the bronchitis should take the lead.

A change of climate will benefit some asthmatics but not all.

ALOPECIA OR BALDNESS

Alopecia (Baldness) is a common senile change, often develops prematurely and sometimes is hereditary. It is practically incurable tho it may be checked or prevented by adequate treatment. The main maintenance of good health is of chief importance. Massage of the scalp should be practiced at least three times a week with cold cream as an emollient. The head should be frequently washed and dried and then brushed till the scalp is reddened. The following preparation may be rubbed into the scalp twice a day:

℞ Pilocarpin mur.	gr. XXV		1.6
Alcoholis	℥ i i		60.0
Aq. rosae	℥ i i		60.0
Aq. coloniensis	℥ i i		60.0

Daily washing of the scalp with soap spirit is a good practice. A lotion containing sulphur, resorcin, or mercury may be employed in addition.

The washing of the scalp with crude petroleum has been recommended, and we found it quite useful.

A useful lotion:

℞ Acid acetic	3 i v			15.0
Pulv. boracis	3 i			4.0
Glycerini	3 i i i			12.0
Alcohol	3 i v			15.0
Aq. rosae ad	℥ v i i i	ad		240.0

M. S.

A good shampoo:

℞ Tinct. sapon. vididis	℥ i i	.	60.0
Potass. carbon	3 i		4.0
Aquae	1 pt.		500.0
Spirit. lavandul.	3 i		4.0

M. S. Shampoo

The treatment of alopecia should include the internal administration of tonics as arsenic, strychnine and iron.

Benefit may be obtained from free sweating, induced every other night by a hot bath, a hot drink, and a pill of pilocarpin.

The following is a good local stimulant:

℞ Aceti cantharidis	℥ SS	
01. ricini	3 i i	
Sp. rosmarini ad	℥ V i	

ALOPECIA AREATA

Alopecia areata is characterized by a rapid shedding of the

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hair from well defined patches of skin. The disease affects chiefly the scalp and attacks individuals of either sex and at any age.

Attention should be directed to improvement of the general health, if there be need, by tonics, especially iron, sea-bathing and other invigorating measures.

Locally, strong stimulation is indicated. Chrysarobin ointment should be rubbed into the patches night and morning with proper precaution.

The application of a lotion of acetum cantharidis diluted with one or two parts of spirit is useful.

The following preparation should be painted on, not rubbed-in, once or twice a day:

℞ 01. sinapis..... 3 j
01 ricini..... 3 i j
Sp. rosmarini ad..... ℥ i v

Iodine in the form of strong liniment applied daily is often of service. Liniment of ammonia, sulphur ointment, and a spirituous lotion of lactic acid (lactic acid and castor oil, of each two or more parts in alcohol 100 parts) are effective remedies.

Blistering by means of acetum catharidis, applied to the patches and the scalp around them, is recommended.

TARTAR OF TEETH

Dr. Frederick A. Keyes ("Army Dentistry") tells us that tartar formation is in the main a systemic affection.

The writer has found by analysis that tartar consists of carbonate and phosphate of calcium. He has not, in about fifty cases, found urates present, as many have claimed. Analyses show that the phosphate of calcium forms about 85 per cent. of the tartar, while the carbonate of calcium is present in about 15 per cent. Calcium is held in the blood and in the saliva in from two to four times its water solubility. The CO_2 and the colloids accomplish this. Any alteration in the colloids, or the escape or decrease of CO_2 promotes formation. An excess of calcium in the bodily fluids acts in the same way.

TOOTHACHE

The radical and effective treatment for an aching tooth consists in extraction. If for one reason or another the removal of the offending tooth is not desirable, the local application of certain anodynes and internal medication may relieve the condition.

Tincture of iodine, rubbed into the gum surrounding the aching tooth, and 10 grains of aspirin, internally, has been tried with success.

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This is another good plan for temporary treatment:

If there is a cavity, cleanse carefully with warm water and then insert a pledget of absorbent cotton soaked in creosote, phenol, chloroform, oil of cloves, or cocain. The following mixture may be used:

℞ Cocain hydrochlorid ..... gr iii
Carbolic acid ..... 3 i
Collodion ..... 3 i

A small quantity to be applied to the dried-out cavity upon an absorbent cotton plug.

Or the following:

℞ Camphorae
Chlorali Hydrati
Phenolis
Glycerini of each, equal parts.

M. Sig.: To be applied on cotton after cleaning the cavity.

* * *

The following is a good formula for toothache drops:

℞ Creosoti..... m x v
01. Caryophylli..... 3 s s
01. Menth. Piperit..... 3 i
Camphorae..... 3 i i s s
Alcoholis—q. s. ad..... ℥ i i s s

Aconite, as ointment or liniment for facial neuralgia due to diseased teeth, is said to bring quick relief.

Cocaine, in 4 per cent. solution on cotton applied to a cavity, is very effective.

Guaiacol, a few drops rubbed into the gum, gives immediate relief.

Oil of cloves, applied on cotton in the cavity, is a popular remedy.

Sodium bicarbonate in solution on plugs of cotton in painful cavities, or applied to gums, is said to have appeased agonizing toothaches.

Sodium salicylate, internally, gr. XV every four hours, has been highly recommended.

The following novel formula is a favorite in France:

℞ Menthol..... gr. xxx
Pellitory root ..... gr. xxx
Gum Guaiac ..... gr. xxx
Yellow beeswax..... 3 i
Eugenol ..... gtt. x
Coffee, extract ..... gtt. x

Mix and make a mass to be divided into pellets weighing about half a grain, which are then coated with pulverized cloves, and introduced into the aching cavity.

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TONSILLITIS

Tonsillitis is an inflammation of the tonsils (quinsy means a peritonsillar inflammation which frequently leads to abscess formation). Probably due to microbes. Often occurs in small epidemics. It is usually excited by exposure to cold and wet. General debility is a predisposing factor.

At the onset there are shivering, fever, pains in the head and back, soreness of the throat, and pain on swallowing, and the tonsils are red and swollen.

The first thing to do is to make a bacteriologic examination and to make sure whether we are not confronted by a case of diphtheria. This diagnosis settled to our satisfaction, go ahead and give tincture of aconite, in doses of 5 minims every four hours, or, in drop doses hourly for a few hours.

If taken in hand early, we may be able to abort a case of tonsillitis by means of aconite alone.

Guaiac is very unpleasant to take, but it is an effective remedy which may given in

3 s s doses of the tincture every four hours.

Potassium chlorate is valuable. The following combination may be given a trial:

℞	Potass. Chlorate	gr. x
	Tr. aconiti	M. v.
	Tr. guaiaci ammon	3 i
	Mucilag. acaciae	M. xx
	Aquae ad	℥ i

M. Sig.: Every four hours.

[A nasty mixture, but often effective.]

As soon as the temperature has fallen, the aconite should be discontinued but the chlorate of potassium and the guaiacum may be employed for some time.

When the condition is neither rheumatic nor diphtheritic, you may be safe in assuming that some septic influence is at work, and in the following combination, with such slight variations as special circumstances suggest, you will have a sovereign remedy:

℞	Tr. aconiti	M. i i—v
	Potass. chlorat	gr. v
	Liq. ferri chlor	M. xx
	Liq. hydrarg. perchlor.	M. x
	Liq. strychninae	M. v
	Glycerini	3 i i
	Aq. chlorof. ad	℥ s s

M. Sig.: Every four hours, or,

half the quantity every two hours, at any rate until the temperature falls. Non-toxic but potent antiseptics such as chinosol or chlorazene are very useful in the form of gargles.

The aconite should be stopped as soon as the temperature

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subsides, and the other ingredients continued until the local conditions in the throat are satisfactory.

Capsicum, in powder, applied on a swab, or the diluted tincture in a gargle, is recommended. Potassium iodide, in solution locally,

gr i—v to the ℥ is useful.

Ichthyol has been recommended by Unna and other authorities. Ichthyol may be applied in thirty per cent. aqueous solution as a paint, twice daily after cleansing with an alkaline solution.

Water as ice and wet pack around the neck is very useful. A cold wet compress covered with oiled silk and dry bandage to the neck at night is a sensible procedure. The treatment includes rest in bed, saline purges and nutritious liquid food. If the disease is not amenable to ordinary treatment we have to resort to scarification of the tonsils which will give immediate and marked relief.

UROLOGICAL NOTES

Let some of your chronic gonorrheas quit treatment for a while. A considerable percentage will almost immediately show improvement. Many forms of treatment keep up the secretion.—Urol. and Cut. Rev.

Chancre at the anus in men is almost proof positive of sodomy, but in women it may occur by accidental contact with the male organ or from vaginal discharges.—Dr. C. J. Drueck.

Enlargement of the prostate, when it gives rise to any symptoms at all, always causes straining, and straining frequently repeated, acting upon an intricate plexus of valveless veins, always causes congestion. Often the bowel is affected as much as the bladder. Hemorrhoids and prolapse of the rectum are seldom wanting in cases of long standing prostatic enlargement.—Mansel Moullin.

DEODORANTS FOR VARIOUS CONDITIONS

Juilly recommends in ozena the use every hour of this lotion for irritating the nose:

Phenol	1 gram
Sodium bicarbonate	3 grams
Sodium borate	3 grams
Glycerin	10 grams
Water	200 grams

In pulmonary phthisis and fetid bronchorrhea, he prescribes an inhalation, of which one teaspoonful of the following is added to boiling water:

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Creosote	1 gram
Oil of pine	10 grams
Compound tincture of benzoin	100 grams

For washing out the mouth this lotion is advised:

Sodium chloride	
Sodium borate (a a)	2 grams
Glycerine	50 grams
Peppermint water	200 grams

TREATMENT OF EAR INFECTION

For the treatment of certain cases of middle-ear infection which may come under the care of the general practitioner, Dr. D. D. Barr (Med. Council) offers the following suggestions: First resort to antiseptic cleaning of the nares and subjacent parts, using copiously a mild spraying solution. Then the usual cocaine and adrenalin applications shrink the tissues and open the tube. Finally apply 2 per cent. silver nitrate solution. Follow with a cathratic and a mustard plaster back of the ear and down the neck to the clavicle. These measures deplete the inflamed tissues and facilitate drainage.

OF GENERAL INTEREST

MENU FOR HEMORRHOID SUFFERERS

Dr. Charles J. Drueck (Clin. Med., June, 1919) says hemorrhoids are not cured directly by dieting; still, many individuals are much relieved by paying attention to what they eat. The following plan of a day's menu may be modified according to the patient's habits and the seasons of the year:

Breakfast: Fruit; two slices of crisp bacon or two eggs, with two muffins or gems, or slices of toast with butter; or a dish of porridge with cream; and coffee, either black or with cream and sugar.

Lunch: A bowl of vegetable soup or puree, with crackers; a sandwich or two rolls with honey; a glass of buttermilk or fermented milk.

Dinner: A bowl of soup; one lamb chop or a similar amount of beef or poultry; two slices of bread; one potato; a salad; green vegetables, such as spinach, stringbeans, asparagus or cauliflower; a dish of pudding (rice, chocolate, gelatin or tapioca) eaten with fruit or fruit sauce.

THE INTERDEPENDENCE OF PSYCHIC AND PHYSICAL CONDITIONS

Everyday demonstrates more and more clearly, more and

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more forcibly, the interrelationship of the psyche and the body, the interdependence of psychic and physical conditions. And the importance of the internal secretions is becoming more clearly apparent. From an abstract in the J. A. M. A. (Vol. 74, No. 16) of an article by S. C. Rossi entitled, "Influenza, Suprarenal Insufficiency and Manic-Depressive Psychoses," we learn that the author has met nine cases of manic-depressive psychoses which developed during the weakness following influenza and he describes the psychoses as suprarenal insufficiency. His assumption was confirmed by evidences of suprarenal insufficiency in six other patients with manic-depressive psychoses who had not had influenza, but still more by the efficacy of suprarenal treatment. The author states that the beneficial action of suprarenal preparations in manic-depressive, psychoses puts the etiology on a solid basis and also gives us the means of treating them.

HYSTERIA AND HYPERTHYROIDISM

In reference to the preceding article the following abstract from the Madrid Medical Journal "Plus-ultra" for which we are also indebted to the J. A. M. A. is of considerable interest.

The author, Dr. C. Juarros declares that every day he encounters more and more persons whose disturbances have been ascribed to hysteria with the consequent therapeutic indifference, when in reality closer study of the case reveals excessive functioning of the thyroid as a factor. This hyperthyroidism can be easily cured or at least much attenuated when the thyroid sympotms are discovered: tremor, sweating and mononucleosis, besides the usual triad of tachycardia, palpitation and the ocular signs. The tremor is rendered evident by having the patient extend his arms and hands, spreading the fingers. A sheet of paper laid on the hand renders plainly manifest any tendency to tremor. Hysteria can be excluded by the mentality, the hysteric character being easily recognized, so that, he says, "there is no excuse for labeling as hysteria every feminine neurotic manifestation."

The instability of the thyroid may induce attacks of hyperthyroidism which may simulate in every respect the phases of a neurosis with the arthritic constitution. The excessive thyroid functioning may even entail obsessions, phobias, hallucinations and delirium, still further confusing the diagnosis. He has recently seen a case with the set of symptoms described by Block in 1912, and it yielded to antithyroid treatment. The patients in this category are usually old maids, and pigmentation is a characteristic symptom, most marked in the muscles, cheeks and side of the brow. They are self-centered, melancholy and irritable, complain of fatigue and insomnia, and are doomed to suffer incurably so long as

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hysteria is regarded as responsible. A prompt cure in all these hyperthyroid cases may usually be realized under antithyroid plus ovarian treatment, with calcium salts and sodium cacodylate as adjuvants. The main thing is to give adequate doses and persevere long enough.

WHAT WAS THE MATTER WITH SHELLEY?

The following is an excerpt from a letter by the always interesting literary physician, Dr. John Knott, in The Medical Press:

"I can never see a pictured presentation of Shelley without having vividly recalled to my mind one of the most electric of the moral shocks which memory furnishes from my personal experience. This was received when I first "pulled up, Baedeker in hand" before the celebrated **Appollo Belvedere** which has often inspired the Celtic emotions of my boyish dreams of the loftiest attainable ideals of manly beauty and dignity, and majestic grace—as classical text-book and teacher always described it. I can never forget the start which I felt on finding myself in the presence—not of a man, but of an artistically ideal woman! I had, of course, seen some pictures in my books of reference, but they were overborne by the appreciations of the text; and I had noticed Byron's statement in a letter from Rome that the wondrous statue was a perfect likeness of Lady Adelaide Forbes— one of the innumerable beauties who had recurved themselves under the influence of this irresistible fascination—but there were too many feminine distractions in Byron's correspondence to make a lasting individual impression. Here the electric influence of the unexpected could not fail to recall one of the most characteristic features of the social ethics of the truly wondrous communities of Ancient Greece. The rest is silence.

'To the non-convertible believers in the testimony of physiognomy, of whom I confess myself one, a single glance at an engraving of Shelley would be sufficient preparation for the revelation of the fact that the prominent items of his invalidism were those which we see illustrated so frequently in our own daily practice—is the protean features of hysteria, that mysterious clinical entity of which the microbic mainspring still continues to elude so successfully the fearful and wonderful methods of "modern" bacteriological "science." The opinions of his clinical advisers differed then as now. And a cryptically risorial item is furnished by the descending stairway of diagnosis: pulmonary, hepatic, renal, vesical? This last recalls the fact that his urinary troubles formed one of the most persistent plagues of "the self-torturing sophist, wild Rousseau," whose collective personality and mental divagations furnish many points of conceivable contact, or parallelism, with the curvilinear erraticism of Shelley. The

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delicacy of the whole muco-cutaneous investment is truly symbolic of the external supersensitiveness and the internal dyspepsia, which are always so prone to prove the balancing penalties of the gift of genius."

REBIRTH CEREMONIALS

In Greece when a man who was supposedly dead and for whom funeral rites had been performed, returned, he was still treated as dead until he had been born again, which consisted of being passed thru a woman's lap, washed, dressed in swaddling clothes and put to a nurse.

In India the ceremonial for the same purpose was more elaborate. The first night after his return was spent in a tub filled with fat and water. He sat in the tub without speaking and with doubled-up fists while over him were performed the sacraments that were performed over a pregnant woman. Next morning he got out of the tub, went thru all the sacraments he had formerly partaken of from his youth up and in particular married a wife or espoused his old one over again.

In Japan, when a marriage is unfruitful, the old women of the neighborhood come to the house and go thru the ceremony of delivering the wife of a child represented by a doll.

Among the Akikuyn of British East Africa every member of the tribe must go thru the ceremony of being reborn. In the afternoon a goat or sheep is killed for the stomach and intestines. A circular piece of the goat or the sheepskin is passed over one shoulder and under the other arm of the child and the animal's stomach over the other shoulder and under the other arm. The mother, or the woman acting in that capacity and who therefore is regarded as the mother thenceforth, sits on a hide with the child between her knees. The animal's gut is passed about her and brought in front of the child. She groans as if in labor, a woman severs the gut as if it were the navel string, and the child imitates the cry of a newborn infant.

Among the natives of New Guinea the rite of circumcision symbolizes a rebirth. The young men are taken to a long hut built to resemble a huge monster with great eyes and emitting terrifying growls from time to time as the lads approach. In this hut they are circumcised and live afterward for some three or four months. After this period of seclusion is over they come forth and are then treated as full-grown men,—William A. White.

DIVERSE REMEDIAL USES OF TOBACCO

Tooth-ache: "When a tooth-ache proceeds from a cold cause, the wiping the affected tooth with a linen-cloth, soaked in the juice of tobacco, and the putting of a piece of the leaf,

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made up in form of a pill, into the hollow, not only removes the pain but also prevents the spreading of the corruption."

Carbuncles: "Tobacco leaves laid upon pestilential and malignant carbuncles induce an Eschar, and induce a cure; nor are they a less present efficacious remedy against the bites of poisonous animals."

Haemorrhage: "The leaves, when laid upon recent wounds, immediately stop haemorrhage, and produce a conglutination."

Uterine Disorders: "In suffocations of the uterus, the leaves rendered sufficiently hot, and applied to the navel and region of the uterus, afford present relief."

Arthritis: "Arthritic pains, provided the humours are cold, or at least are not too hot, are greatly relieved by the aplication of the warm leaves, or of a linen-cloth soaked in the warm juice of the leaves; for these resolve and digest the humours; for which reason they are advantageously laid upon oedamatous tumours, previously washed with the warm juice of the leaves."—Simon Pauli (1746).

GENEALOGY AND POPULATION

In the J. A. M. A. (August 23, 1919) attention is directed to an interesting genealogical study of population by C. E. Jones (Publications Am. Statist. Ass'n., Dec., 1918). Five genealogies were used, extending over a period of 250 years and furnishing more than 20,000 individuals. Distinct correlation between longevity and fertility in both mothers and fathers is shown; in addition, of course, to the fact of a longer period of reproductive capacity, there is also clear evidence of correlation between age at marriage and fertility, the lowest ages at marriage being associated with the greatest fertilities. Tabular presentation of the fecundity of first-born children showed no appreciable variation from that of the total stock. The data for twinning are strikingly definite, for out of eighty-seven cases of twinning, fifty-six occurred at the end of the mother's reproductive period, and of the five genealogies of approximately equal size, two provided fifty-seven of the occurrences of twins. In connection with the general population question it is noted that the average number of children per married couple was 5.8 for the period of 1651-1700; rose to 6.1 for the last fifty years of the eighteenth century, and fell to 3.0 for 1851-1900.

THE BIRTH OF WORRY

* * * * The desire for reproduction is, next to hunger, the strongest primitive urge. Before the birth of his soul, man got along very comfortably with his sex. Even now, the almost extinct bushmen of Australia, who subsist upon

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grubs and roots which they unearth with their bare hands, and the most wretched Fuegians, who live with less shelter than the squirrels, are not more concerned about the mechanism of reproduction than are many other mammals.

With the dawn of man's inner consciousness, with his appreciation of the presence of mysterious forces infinitely beyond his ken, with his "eating of the tree of knowledge" a wholly different period commenced. The vegetative and the physical stages were completed. The carefree eons when life consisted of eating, copulating, fighting and dying, were replaced by the age not yet ended, probably not to be ended on this earth—the age of worry. The dumb brute fears the present; man suffers a thousandfold greater, for his fears are not only present, but past and future as well. He fears both the known and the unknown. He worries.—Dr. T. G. Yeomans: Med. Times.

TO WOULD-BE BEGETTERS

Thus spake Zarathustra:

Thou art young, and wishest for child and marriage.

But I ask thee, art thou a man who dareth to wish for a child? Art thou the victorious one, the self-subduer, the commander of thy senses, the master of thy virtues?—or in thy wish doth there speak the animal or necessity? Or solitude? Or discord with thyself? I would that thy victory and freedom were longing for a child. Thou shalt build living monuments unto thy victory and thy liberation. Thou shalt build beyond thyself. But first thou must build thyself square in body and soul. Thou shalt not only propagate thyself, but propagate thyself upward.

Marriage: thus I call the will of two to create that one which is more than they who created it. I call marriage reverence unto each other as unto those who wish such a will.

CICERO'S MARITAL CAREER

Cicero was born at Arpino, of a knightly family, highly respectable, and well educated, but not rich. That he was able to pursue his brilliant forensic and political career was chiefly due to his marriage to Terentia, who, altho not very rich, had more than he, and by her fortune enabled him to live at Rome.

After long living together happily enough, as far as can be judged, Cicero and Terentia, already old, fell into discord and in 46 B. C. ended by being divorced. The reasons for the divorce are not exactly clear, but from Cicero's letters it appears that financial motives and disputes were not wanting. It seems that during the civil wars Terentia refused to help Cicero with her money to the extent he desired; that is to say, at some tremendous moment of

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those turbulent years she was unwilling to risk all her patrimony on the uncertain political fortune of her husband.

Cicero's divorce, obliging him to return the dower, reduced him to the gravest straits, from which he emerged thru another marriage. He was the guardian of an exceedingly rich young woman, named Publilia, and one fine day, at the age of sixty-three, he joined hands with this seventeen-year-old girl, whose possessions were to rehabilitate the great writer—Guglielmo Ferrero: "The Women of the Cæsars."

ENMITY IN WAR

Dr. J. H. Schultz (Neurologisches Centralblatt, Vol. 34., p. 373) recognizes that "Feindschaftsgefühle," i. e., inimical feelings, or feelings of animosity, present a complex psychological picture. Popular psychology immediately suggests aversion, anger, hatred, fury. All this is superficial.

Are there really "feelings of animosity?" There are instinctive antipathetic reactions, such as those of the dog and cat, but can these be called feelings? Sensory impressions are the basis of such instinctive reactions; in fact, these were the original sources of all human animosity.

Psychic traits may also give rise to "feelings" of animosity. Phlegmatic temperaments may be antagonistic to sanguine ones, and vice versa. This may be the root of race antagonism. Other forms of animosity are expressed by revenge, envy, jealousy. In paranoia, the subjective feeling of insufficiency causes hatred of the superior individual.

In war, new factors enter into this psychological complex. When an enemy, to protect himself, holds a child between himself and the bullets of the opposing forces, the natural physiological reaction toward this deed needs no explanation. A similar feeling is created when he sets fire to peaceful homes. The same enemy, however, can approach, unaware that he is all the while observed, and no soldier will wish to fire. The case is quite different, however, when the enemy is at a distance as an organized whole and perhaps invisible. Then no personal element enters into the situation. The soldier has but one desire—to bring the opposing forces as soon as possible within range of artillery, rifle, or bayonet. Yet even under these circumstances, no "feeling of animosity," may exist.

These "feelings of animosity," of hatred, are rarely felt toward an enemy who is an equal; they arise very quickly, however, when the soldiers find themselves in an exposed position, while scouting or retreating, or when they are surrounded on all sides by superior numbers. These feelings become terrible in their intensity after complete hemming in by the enemy lasting several days, when hopelessness ends in hatred and fury.

Dr. Schultz concludes by placing emphasis on the fact that war offers much less opportunity for developing feelings of hatred than does peace.

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NATURE AND ART

The biological school which may still be said to be the predominant one, is fond of treating civilization as the product of natural forces and of inveighing against everything that any one attempts to do to modify or in any way interfere with those forces, forgetting entirely that civilization in all its essential characteristics is an exclusively artificial product, the product of the inventive genius of man in modifying and altering the course of nature.

Every adjustment made at the behest of inventive genius is an interference with the course of natural law. Every object of art is such as nature never would have created. When one looks about and realizes how extremely seldom any other class of objects are ever used by man, some idea may be gained of the intensely artificial character of civilization. But this is as it should be, for everywhere the artificial is superior to the natural, and what is called progress consists in making everything more and more artificial, i. e., in putting more art into all products, discovering new and added utilities by calling into play still higher flights of inventive genius.—Lester F. Ward: "The Psychic Factors of Civilization."

THE RACE BETWEEN THE PRODUCTION OF PEOPLE AND OF FOOD

Sir Leo Money calculates that by 1925 the United States will have at least 110,000,000 people to feed, and, so far from being able to ship wheat to Europe, will be making heavy demands on the cornlands of Canada and Argentine.

He is not dismayed by this prospect, nor by the rise in the prices of foodstuffs which, owing to the raising of the standard of living all over the world was taking place even before the war. He thinks that, as far as the power of producing food and wealth in other forms is concerned, Europe is much better off now than it was after the Napoleonic wars; and that by the universal organization of supplies the wants of all the peoples can be provided for.—The Eugenics Review, July, 1919.

THE FUTILITY OF REVOLUTIONS

Revolutions do not, as a rule, transform anything, with the exception of the hierarchy of rank. Generally they leave everything essentially as it is: the weak continue to be exploited, and the strong to exploit. New modes of adaptation to what is disagreeable prolong the endurance of what is endurable. Only, other individuals and classes take the place of those individuals and classes hitherto privileged to exploit.

Revolution gives to some what it takes from others. It is a practical test of the symbols and prestige of power, which are tried and found wanting. It gives the strong the position inherited by the weak man, who maintained it simply because his strength was a tradition which corresponded to no reality. But its effect does not last.

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"Red men are white men on the way; white men are red men arrived," as Alphonse Karr has said. A new order soon becomes petrified to a new routine; the real strength soon dissipates itself in new symbols; new weakly heirs begin to live on the prestige of new strong ancestors. A long period of time presents the aspect of a succession of waves of more or less equal size. The noisiest revolutions are very limited in their effects and do not go very deep.—Dr. Max Nordau: "The Interpretation of History."

INDIVIDUALIZATION IN EDUCATION

Mental indigestion is probably the most prevalent cause of failure in school. The remedy lies in preparing suitable food for each child.—Pollok: Boston M. and S. J.

PROHIBITION OF EXHIBITIONS OF HYPNOTISM

Schultze deplores that hypnotic exhibitions are becoming so frequent, as he has seen great harm result to subjects who have been hypnotized.

He recites in detail the case of a young woman who after being hypnotized one evening by a traveling hypnotist presented marked mental disturbances. As she started for home, she insisted that she must go back, again and again, and at home she ran about with fixed eyes and outstretched hands, apparently insensible to her surroundings, tho she recognized her friends. The hypnotist was finally sent for at a late hour, and he succeeded in quieting her. After a restless night she went to her work, but was unable to attend to her duties and had to be sent home. She felt compelled to return to the hypnotist, and complained that she could not think clearly. After a week of this, Schultze hypnotized her in presence of a colleague, and impressed on her that in future only Schultze and his assistant could hypnotize her, and that after this she would have no more trouble. She was then very slowly and cautiously brought out of the hypnotic state and in a few days had entirely recovered.

He emphasizes that hypnosis cautiously applied is the best means to cure the effects of hypnotism improperly carried out. Before the war, some of the German states had laws prohibiting exhibitions of hypnotism, but they are not being enforced now. Austria and Italy have also passed laws of the kind. —J. A. M. A., March 20th. (Berliner klinische Wochenschrift.)

PRECOCIOUS CHILDREN

"No human being ever possessed the key to the sole information as to how other human beings should act. Only tyrants and fools think they have such knowledge."—P. Prentice Murphy.

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THE GIRL TS'ING THAT RAN AWAY AND THE GIRL TS'ING THAT STAYED AT HOME

A Chinese Love Story

There lived in Han-yang a man called Chang-Kien, whose child-daughter, Ts'ing, was of peerless beauty. He also had a nephew called Wang-Chau,—a very handsome boy. The children played together and were fond of each other. Once Kien jestingly said to his nephew: "Some day I will marry you to my little daughter." Both children remembered these words; and they believed themselves thus betrothed.

When Ts'ing grew up, a man of rank asked for her in matrimony; and her father decided to comply with the demand. Ts'ing was greatly troubled by this decision. As for Chau, he was so much angered and grieved that he resolved to leave home, and go to another province. The next day he got a boat ready for his journey, and after sunset, without bidding farewell to any one, he proceeded up the river. But in the middle of the night he was startled by a voice calling to him, "Wait!—it is I!"—and he saw a girl running along the bank towards the boat. It was Ts'ing. Chao was unspeakably delighted. She sprang into the boat; and the lovers found their way safely to the province of Chuh.

In the province of Chuh they lived happily for six years; and they had two children. But Ts'ing could not forget her parents, and often longed to see them again. At last she said to her husband: "Because in former time I could not bear to break the promise made to you, I ran away with you and forsook my parents, altho knowing that I owed them all possible duty and affection. Would it not now be well to try to obtain their forgiveness?"

"Do not grieve yourself about that," said Chau; "we shall go to see them." He ordered a boat to be prepared; and a few days later he returned with his wife to Hang-yang.

According to custom in such cases, the husband went first to the house of Kien, leaving Ts'ing in the boat. Kien welcomed his nephew with every sign of joy and said:

"How much I have been longing to see you! I was often afraid that something had happened to you."

Chau answered respectfully:

"I am distressed by the undeserved kindness of your words. It is to beg your forgiveness that I have come."

But Kien did not seem to understand. He asked:

"To what matter do you refer?"

"I feared," said Chau, "that you were angry with me for having run away with Ts'ing. I took her with me to the province of Chuh."

"What Ts'ing was that," asked Kien.

"Your daughter Ts'ing," answered Chau, beginning to suspect his father-in-law of some malevolent design.

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"What are you talking about?" cried Kien, with every appearance of astonishment. "My daughter Ts'ing has been sick in bed all these years,—ever since the time when you went away."

"Your daughter Ts'ing," returned Chau, becoming angry, "has not been sick. She has been my wife for six years; and we have two children; and we have both returned to this place only to seek your pardon. Therefore please do not mock us "

For a moment the two looked at each other in silence. Then Kien arose, and motioning to his nephew to follow, led the way to an inner room where a sick girl was lying. And Chau, to his utter amazement, saw the face of Ts'ing,—beautiful, but strangely thin and pale.

"She cannot speak," explained the old man; "but she can understand." And Kien said to her, laughingly:

"Chau tells me that you ran away with him, and that you gave him two children."

The sick girl looked at Chau, and smiled; but remained silent.

"Now come with me to the river," said the bewildered visitor to his father-in-law." For I can assure you—in spite of what I have seen in this house,—that you daughter Ts'ing is at this moment in my boat."

They went to the river; and there, was the young wife waiting. And seeing her father, she bowed down before him, and besought his pardon.

Kien said to her:

"If you really be my daughter, I have nothing but love for you. Yet tho you seem to be my daughter, there is something which I cannot understand. . . . Come with us to the house."

So the three proceeded towards the house. As they neared it, they saw the sick girl, who had not left her bed before for years, was coming to meet them, smiling as if much delighted.

And the two Ts'ings approached each other, and became one body, one person, one Ts'ing, even more beautiful than before, and showing no sign of sickness or of sorrow.

Kien said to Chau:

"Ever since the day of your going, my daughter was dumb, and most of the time like a person who had taken too much wine. Now I know that her spirit was absent."

Ts'ing herself said:

"Really, I never knew that I was at home. I saw Chau going away in silent anger; and the same night I dreamed that I ran after his boat.—But now I cannot tell which was really —,—the I that went away in the boat, or the I that stayed at home."—From the Book "Mu-Mon-Kwan," which means "The Gateless Barrier." From Lafcadio Hearn's: "Exotics and Retrospectives."

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CRITIC AND GUIDE

INCORPORATING

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

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NOT VICIOUS BUT IGNORANT

In spite of the horrors without end, horrors that tear every filament of your nervous system and make your blood run cold, I maintain that the vast majority of the people are no vicious and cruel but merely stupid. They do what they do not out of sheer brutality, but out of ignorance; they do what they do because, their minds having been poisoned by misleading newspapers and hireling lecturers, they think they are doing the right and moral thing. Convince them that they are wrong, and they will at once change their mode of action and they may even become zealous supporters of the righteous cause. Towards such people we must exercize the utmost tolerance, a never-ending patience. They are blind with a blindness for which they are not responsible, and fighting them, calling them names will not open their eyes. We must argue with them. we must **show them.** And this has always been my policy towards the innocently blind.

There are, however, some people—and praised be the Lord, numerically they constitute but a small portion of humanity —who are not blind, who see the truth very clearly, but who pervert, distort and conceal the truth, because they do not want the truth to be known; they are afraid that the universal spread of the truth will jeopardize their power and their personal interests. There are also people who are cruel for cueltys sake; they love to inflict suffering and to cause anguish wherever they can; innocent or guilty it doesn't matter to them; they will deny that they are cruel just for cruelty's sake, just because they derive pleasure from other people's suffering; they will try to give moral reasons for inflicting cruel punishments and causing indescribable anguish; but to modern psychologists that type is well-known.

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With these two classes—the people who deliberately pervert the truth, poisoning the people's minds and souls and those who take pleasure in inflicting cruel suffering—all argument is futile it is worse than useless. All we can do is to expose their lying hypocrisy and their cruelty; all we can do is to fight them, fight then with every fibre of our soud, fight them to our last breath.

Tolerance and patience towards innocent blindness; relentless and unremitting war against deliberate perversion of the truth and against wanton cruelty.

A DECORATION DAY NOTE

I do not know how you spent Decoration Day. I spent it in Harleigh Cemetery, Camden, N. J., where in the company of my good brother Max we visited the graves of Walt Whitman and Horace Traubel. I didn't know Walt personally, but I knew and loved Horace, and it is hard to realize that he is gone. When we came to Horace's grave we found there his good wife Ann Montgomerie and several friends who had preceded us. A general or a politician has a rich monument a modern humanitarian has a simple slab, but there is one thing that the humanitarian has and that the general or politician has not—that his the sincere love of his fellow-men.

NARCOTIC DRUG TRAFFICKERS AND OTHER OFFENDERS AND HOW TO DEAL WITH THEM

I see from the Weekly Bulletin of the Department of Health that another physician has been sent to Atlanta Penitentiary for dispensing narcotic drugs to addicts. He is to serve four years, and will be deprived permanently of his right to practice medicine. Poor devil.

"What would you, humanitarians, do with a man like that? Would you permit him to traffic in narcotic drugs unhindered?"

No, I would not. But my object would always be to **prevent** crime, rather than to punish it. As soon as there was sufficient evidence or even moral certainty that a man was comitting illegal acts, I would call him and tell him; "See, here, there is positive evidence or strong suspicion that you are doing so and so. We caution you to stop; we warn you to give up the practice; if you don't, you will have only yourself to blame; if convicted you will get the full penalty of the law." And I am quite sure that ninety-nine out of one hundred people thus warned would desist from their practice, whatever it might be. And crime would be prevented, and a human life would be saved from being crushed. But our legalists do not believe in prevention; they believe in revenge, in punishment. If our judges, our prosecutors, particularly the latter, were convinced that they could obtain the same results by warning as they could by ensnaring, arresting

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and convicting, they would still prefer the latter method to the former. For the love of revenge and of cruel punishment still lives in the cruelly sadistic and atavistic hearts of some members of each and every society.

ITCHING IN THE EAR

That's a little thing. Yes? You wouldn't think so, if you were the sufferer. Did you ever see a child wake up frantically, as if it had been bitten by an insect, trying to scratch its ear? And many an adult loses many a night's sleep on account of itching in the external auditory canal. The latter is one of the few places which cannot be reached by the finger nails, and relief is not immediately available as is the case with itching in other places. The ear spoon (ear cleaner) offers relief, but only for the moment and is apt to cause injury to the drum. There is a simple efficacious remedy which every physician should know; a 5 per cent. solution of phenol in glycerin. Get a two dram vial of glycerin and add 6 to 8 drops of liquefied phenol; wind a piece of clean absorbent cotton tightly around a toothpick or other thin wooden stick, dip in the phenol-glycerin and apply to the auditory canal. Do it gently—don't push the toothpick too far. This offers immediate relief, and it also prevents the excessive formation of wax in the ear. It is not necessary to wipe out the excess of glycerin with dry cotton, tho it may be done.

SPECIFYING THE BRAND

It is not a bad practice now and then to specify, in prescribing, the manufacturers' name. We do so ourselves in ordering important alkaloids or endocrine products. But when the author of a text-book tells us that in treating ptomaine poisoning he prescribes a laxative dose of magnesium sulphate (Merck!), then we cannot help smiling. We believe that magnesium sulphate U.S.P., or without any specification would answer the purpose just as well. If all physicians had to take a good course in pharmacy, they would avoid quite a few blunders, blunders big and little, blunders laughable and blunders quite serious.

ANTEVERSION OF UTERUS

How many women have been subjected to manipulations for anteversion of the uterus, how many were sentenced to wear pessaries for the relief of ills allegedly due to an anteverted womb! And now anteversion of the uterus is recognized to be its normal position.

Remember that many cases of arteriosclerosis have a normal or even subnormal blood pressure.

Robbing yourself of sleep puts a mortgage on your future health and happiness. Nature will foreclose.—Schopenhauer.

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Sleep is the physician of pain, and Death is the supreme healer of all maladies.—Sophocles, 495-496 B.C.

Life is short, art is long, the right moment lasts but an instant, experience is often deceptive, a correct judgment hard to reach.—Hippocrates, 460-470 B.C.

For the most serious ills extreme measures cautiously employed are the best.—Hippocrates.

ATTICS AND GARRETS

A good many great men have lived in attics, and some have died there. Attics, says the dictionary, are "places where lumber is stored," and the world has used them to store a good deal of its lumber in at one time and another. Its preachers and painters and poets, its deep-browed men who will find out things, its fiery-eyed men who will tell the truths no one wants to hear, these are the lumber the world hides in its attics. Haydn grew up in an attic and Chatterton starved in one. Addison and Goldsmith wrote in garrets. Faraday and De Quincey knew them well. Dr. Johnson camped cheerfully in them, sleeping soundly—too soundly, sometimes—upon their truckle beds, like the sturdy old soldier that he was, inured to hardship and all careless of himself. Dickens spent his youth among them, Moreland his old age—alas, a premature, drunken old age. Hans Andersen, the fairy king, dreamt his sweet fancies beneath their sloping roofs. Poor waywardhearted Collins leant his head upon their crazy tables; priggish Benjamin Franklin; Savage, the wrong-headed, much troubled when he could afford any softer bed than a doorstep; young Bloomfield, Bobby Burns, Hogart, Watts the engineer—the roll is endless. Ever since the habitations of men were reared two stories high, has the garret been the nursery of genius. —Jerome K. Jerome.

DANDRUFF

A solution of chloral hydrate, five grains to the ounce of water, will clean the hair of dandruff and prevent its falling out.

THE BIRTH RATE AMONG QUAKERS

The birth rate among Quakers is said to be only about 8 per thousand, but then the infant mortality is practically nil.

THE INDIVIDUAL COUNTS

The worth of a State, in the long run, is the worth of the individuals comprising it.—John Stuart Mill.

Who will venture to place the authority of Copernicus above that of the Holy Spirit?"—John Calvin.

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ORIGINAL ARTICLES

MEDICINES OF OUR ANCESTORS

Ladies and Gentlmen,— May I in the first place thank you mostly cordially for the honour you have done me in asking me to address you to-night, an honour entirely due to the exigencies of the war which have called me in incipient senectitude to take a small part in the teaching of the students as assistant to Professor Hunter, and I have thus been brought into contact with the ladies who have been good enough to invite me here to-night.

I fear I shall be but a poor successor of the many distinguished and learned men who have addressed you on previous similar occasions, but in taking a glmpse at mediaeval medicine I thought we might find an evening's entertainment—if not instruction—in considering the ways of our forefathers in their treatment of disease; and though their methods were often weird and bizarre, and sometimes even disgusting, their aims were ever the same as ours—the relief of suffering and the alleviation of human ills. It is this spirit which breathes in Hippocrates—it is this spirit which animates us to-day.

It is a far cry from Hippocrates, the inspired Greek of B. C. 460 to 370, the Father of Medicine, whose range of knowledge and whose lofty ideals strike us in many ways as startlingly modern, to the grotesqueries of the mediaeval physicians, whose practice seems to have been for the most part a mixture of empiricism, credulity, and cruelty; but a few extracts will show you, on the one hand, how far the leeches of the middle ages had degenerated from the lofty aims and high traditions of the great ancients, and, on the other, how far we moderns have advanced—painfully it may be and with much groping—from those days when human skulls, mostly from criminals in Ireland, were sold in the druggists' shops in London to be dispensed as powders or used as oils or tinctures, the ordinary skulls being sold at from 8s. to 11s. each, according to size, while for those on which the greenish moss known as "Usnea" had grown fancy prices were gladly given; and when enormous prices were given—up to £20,000 sterling—for good specimens of the so-called unicorn's horn, which was supposed to resist all kinds of poisons, cure the plague, the bites of serpents and mad dogs, and to be a sovereign remedy in all manner of fevers.

Our manners as well as our remedies have changed from those of the mediaevalists, though the "bedside manner" seems even then to have been considered of importance, and to have been the subject of advice to budding doctors.

Here are a few hints to mediaeval doctors on manners

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and conduct when called to a case, which incidentally show how little medical knowledge they really possessed:—

"When called to a patient commend yourself to God and to the angel who guided Tobias. On the way learn as much as possible from the messenger, so that if you can discover nothing from the patient's pulse, you may still astonish him and gain his confidence by your knowledge of his case. On arrival, ask the friends if the patient has confessed, for if you bid him do so after the examination it will frighten him. Then sit down, take a drink, and praise the beauty of the country or extol the liberality of the family. Next, proceed to feel his pulse. Do not be in a hurry to give an opinion, for his friends will be more grateful for your judgment if they have to wait for it. Tell the patient you will by God's help cure him, but inform his friends that the case is a serious one."

I question if even the most ardent devotee of the "excellent bedside manner" in our days would consider he had done his duty to his patient if his physical examination included nothing further than extolling the liberality of the family and feeling the patient's pulse.

How different the spirit which animated Hippocrates is shown by his own famous precept—"Life is short, opportunity fleeting, judgment difficult, treatment easy, thought hard; but treatment after thought is proper and proltable;" and how lofty and sublime is the concept in another precept or aphorism—"Where is love for art (i.e., the art of medicine), there is also love towards man," a saying which in its genuine humanity and almost divine altruism touches closely the highest point of Christian ethic.

The mediaeval physician was sometimes as impudent as he was ignorant. "Suppose you know nothing," says a writer of about the fourteenth century, "say there is an obstruction of the liver. Perhaps the patient will reply—'Nay, master, it is my head or my legs that trouble me. Repeat that it comes from the liver and especially use the word 'obstruction,' for patients do not understand it, which is important."

I think we may absolve most of our moderns from the charge of purposely using long-winged technical terms specially to bamboozle the patient; indeed, the tendency now-a-days seems to be the other way about, and our patients love to get hold of the technical names of their various diseases—e.g., appendicitis, phlebitis, meningitis, etc., which they roll on their tongues as morsels almost as sweet and comforting as the blessed word "Mesopotamia."

Time does not permit us tonight to take even the most meagre purview of the evolution of medicine from the region of myth and mystery to that of an exact science, nor can we consider in any detail the story of the various famous schools of medicine which, changing their locale with the changing

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centers of cultivation and civilization, were found now in Greece, now in Rome, now in Alexandria, now in Arabia, Cordova, Salerno, or Padua.

Briefly we may take it that medicine as a science as apart from a myth, or as part of a religious ritual, began with Hippocrates, claiming descent from Aesculapius, who had flourished about 800 years before. It is the chief glory of Hippocrates that what before had been largely myth or dogma he reduced to the clearness of a science, and by his powers of observation he brought to exact knowledge what before had been nebulous or mysterious. Doubtless he owed something to those that had gone before him, especially to the ministrants at the Temples of Aesculapius, who handed on a certain degree of medical tradition from generation to generation, and also to the medical lore the origin of which stretches far back into antiquity. Some medical prescriptions inscribed on a papyrus in the British Museum are said to be as old as the time of Khufu (Cheops), and to date to about 3700 B.C.; and the Ebers Papyrus, discovered by Dr. Ebers in the winter of 1872-73 and usually admitted to be genuine, takes us back to the year 1552 B.C., about the time that the prophet Moses attained man's estate by reaching the age of 21.

Naturally there is a good deal of superstition, myth, and theism—invocations to Isis and Osiris and the like—mixed up with the medicine of the papyrus; but after all, as we shall presently see, superstitious notions are not more apparent in the Ebers Papyrus than they are in any English herbal of some three or four hundred years ago.

Lizard's blood, teeth of swine, putrid meat, rancid fat, the excreta of various animals, form a gruesome conglomeration of remedies not differing in any great respect from the nauseous and horrible medicines of the mediaeval physicians, tho the ancient Egyptians were perhaps spared the tortures with metallic remedies which their unhappy brethren of the middle ages suffered, for most of the remedies of the Papyrus are vegetable or animal and the metals few and simple.

Here are some recipes from the Papyrus:—"To prevent the hair turning grey—Anoint it with the blood of a black calf which has been boiled in oil; or with the fat of a rattlesnake." Who among us of middle age does not remember "Bear's grease" as a favorite pomade for the hair found in all barbers' shops? But this was a poor substitute for the following remedy of the Papyrus for hair falling out:—"Apply a mixture of six fats, namely, those of the horse, the hippopotamus, the crocodile, the cat, the snake, and the ibex." Can we imagine a bald-headed Egyptian with such a sovereign remedy at his disposal? especially when to strengthen his hair he was recommended to "anoint it with the tooth of a donkey crushed in honey."

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One questions if those physicians of Amen-hetep, the second King of the 18th Dynasty, had much success in their treatment of diabetes where the prescription they employed was composed of "Twigs of Kadet plant, one-quarter, grapes one-eighth, honey one quarter, berries of U'an tree one-thirty-second, sweet beer one and one-sixth." The patient would probably prefer it to the modern starvation treatment of Allen, but I fear it would be a case of a short life if a merry one. Here is a plaster to remove pains from one side of the stomach:—"Boil equal parts of lettuce and dates in oil and apply." Not a bad remedy perhaps even at the present day; but what about the other side of the stomach?

The Scriptural maxim that a fine head of hair is the ornament of women seems to have been forestalled in those old days if one can judge by the number of recipes for making the hair grow, and here is a formula which was prescribed for this purpose for Schesch—a Queen of the third Dynasty—and consisted of "equal parts of the heel of the greyhound from Abyssinia, of date blossoms, and of asses' hoofs boiled in oil."

Ailing and peevish children were probably then as common as now, and probably treated then as now by chastisement or medicine or both; the medicine, then as now, being probably either a laxative or a sedative; and of the latter type, to prevent the immoderate crying of children, we find "a mixture of the seeds of the plant Sheben with fly excreta" recommended, and, as the Sheben plant is supposed to have been the poppy, we have here a very ancient prototype of the numerous soothing syrups with which unfortunate infants are dosed in our day by harassed and ignorant mothers, and the bills of infantile mortality largely augmented. While some of these remedies seem ridiculous to our superior modern knowledge, are they a whit more ridiculous than many of the prescriptions of the mediaeval leeches who, tho separated from the physicians of the Pharaohs by an interval of some 3,000 years, were very much akin to them in their methods of treating disease?

Here, for instance, is an ingenious mediaeval cure for "lethargy":—"Shave the patient's head and anoint it with honey; the flies will so worry him that he will continually strike out at them, which will cure him of his lethargy."

Of the same type was the opthalmic remedy of Queen Anne's "Dentist and Operator on the Eyes in Ordinary," a quack named Read whom she knighted. It consisted in "putting a louse in the eye when it is dull and obscure and wanteth humors and spirits." "This," comments Read, "trikleth and pricketh so that it maketh the eye moist and rheumatic and quickeneth the spirits." An ingenious if rather disgusting form of counter-irritation, but one questions if it would quicken the spirits to any good purpose. Possibly the "louse in a lady's bonnet in church" to which Burns indicted

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an ode may have escaped from some similar therapeutic use, and taken refuge in the good woman's headgear!

To us with whom the use of animal products such as thyroid and thymus gland extracts, pituitrin, and adrenalin is of every-day occurrence, and the introduction of which we perhaps owe to Brown Sequard's attempts to obtain an animal extract that would renew youth, it is interesting to note the enormuos development of remedies of this class—many of them of the most revolting character—in the sixteenth and seventeenth centuries, as a change of fashion perhaps from the preparations of the Arabs and alchemists which consisted largely of the metals and their compounds. The following list of some of the animals and animal products which were found as official in the London Pharmacopoeias of the seventeenth century, viz., those of 1618, 1650, and 1677, will show the diligence and ardour with which the practitioners of that period ransacked the world of animal life for possible means of alleviating human ills—

Ants.—Oil of ants, made by pounding 2 oz. of live ants and macerating them in 8 oz. of olive oil for forty days, was used as a stimulating liniment. In formic acid, and the formates, of recent use internally as muscular tonics, we have the modern equivalent of the pounded live ants, and the justification from the physical standpoint of the proverb, "Go to the ant, thou sluggard."

Ambergris.

Bee glue (from entrances of hives).

Bezoar stones.

Blood of badger, bat, bull cat, dog, frog, goat (he and she), goose, hare, mare, pig, stag, tortoise.

Bones of hare, oxen, pigs, stags, man (skull bones).

Brains of hares (March hares?), sparrows.

Butter, fresh and salt, and buttermilk.

Cantharides, castor, caviare, cheese (a delightful cure in those present days), civet, cock's comb, crab's claws, crab's eyes, cray-fish, cuttlefish, cygnets.

Eggs of ants, hens, and ostriches, egg-shells, earthworms

Excreta of cows, dog, he-goat, goose, hen, horse, mouse, peacock.

Fat (or grease) from the badger, bear, beaver, boar, bull, bull-calf, camel, capon, dog, duck, eel, fox, goat, hedgehog, hen, heron, leopard, lion, man, mountain-mouse, pig, pike, ram, snake, vulture, wild cat, wolf, frogs' spawn, especially from "green" frogs.

Gall of bear, bull, he-goat, hawk, kite, ox, and pig.

Grasshoppers.

Ham of pig, heart of bullock, pig, stag, and wether.

Hoof of ass, elk, she-goat, etc.

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Horns of elk, goat, rhinoceros, stag, unicorn.
Intestines of wolf and fox.
Jaw of pike.
Liver of ass, duck, frog, otter, wild-boar, wolf.
Lungs of bear, fox, lamb, and pig.
Milk of ass, cow, ewe, goat, and woman.
Mummy, musk, mole.
Pearls (especially seed pearls), mother-of-pearl, puppies.
Scorpions (land), silkworms' cocoons, inner skin of a hen's stomach, skull of a man who has met with a violent death, and moss from that skull.

Spleen of ox, sparrows, spiders, spiders' webs, stones from the heads of carp, perch, and toad, and the much-vaunted Bezoar stones.

Teeth of elephants, wild-boar, and sea-horse.
Toads.
Vipers, as oil, or their flesh and also their cast skins.
Wagtails, whelks, and **woodlice.**

In contrast to the hundreds of animal products in use at that time, of which the above, taken from **Wotton's Chronicles of Pharmacy,** form only a few, the **British Pharmacopoeia** of 1898 contanied only fifteen animal remedies, and among them were several even then but little used, such as cochineal, musk, and leeches.

It may interest us for a few minutes to consider in more detail the application and usefulness of some of these remedies as revealed to us by contemporary writers, both lay and medical.

Spiders, for instance, have often been employed in medicine, Mindererus—who died in 1621—using the oil of spiders and earthworms as an external application in plague and smallpox. A live spider rolled up in butter and swallowed as a pill was a seventeenth century cure for jaundice, the spider tasting "just like nuts" according to Lalande; while Elias Ashmole, in his "Diary" of 1681, writes—"I took early in the morning a good dose of elixir and hung three spiders about my neck and they drove my ague away. Deo Gratias." You will note that this pious gentleman quite properly thanks God, but says nothing of the physician who prescribed his cure.

Spiders' webs were frequently used as a febrifuge, and even in my own boyhood they had not gone entirely out of use as an old wives' cure for stopping bleeding; about as septic a haemostatic as one could choose, I imagine, for the webs were usually gathered from the dirtiest corner of some shed or disused garret.

Oil of lizards, 12 of them cooked alive in nut oil, was considered a good application in hernia, and probably as good as the "ruptures cured without trusses" cures of the present day.

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Vipers, both in ancient and comparatively modern times, have been held in great repute for their medicinal virtues, and viper fat, viper broth, and viper wine were used till recently in Britain, and are said to be still used in country places on the continent. Moses Charas, who made a study of vipers, and wrote a treatise on their use in medicine in 1669, laid it down that the head of the viper grilled and eaten would cure its bite, or hung to the neck would cure a quinsy. Madame de Sevigny believed firmly in vipers, and writing to her daughter in 1679 she says—"Madame de Lafayette is taking viper broth, which greatly strengthens her eyesight;" and in 1685 she writes to her son—"It is to vipers I am indebted for the abundant health I now enjoy. They temper, purify and refresh the blood." Dr. James, the inventor of the well-known James' powder, was sceptical as to the special value of vipers, and writing in 1747, he comes to the cohclusions that the broths and flesh of vipers are no better than the broths and flesh of fowl, veal or mutton prepared in the same way.

Another reptile that figures largely in mediaeval medicine was the toad, which, though "ugly and venomous, yet wears a precious jewel in its head," the toadstones supposed to grow only in very old toads being highly valued as remedies against a great variety of diseases, and as being specially potent as a charm against witchcraft and poison, therein resembling the famous Bezoar stones of which I shall speak presently, while they were also given internally for fever or the bites of reptiles. The toad itself was given internally in plague and small-pox, and Sir Kenelm Digby, of whom we shall presently hear more in connection with his famous sympathetic powder or powder of sympathy, and who lived from 1603 to 1665, speaks highly of the virtues in toads, and recommends them for quinsy, bleeding at the nose, and above all, a most valuable remedy in King's evil and scrofula, a direction for the preparation of toads for internal use being "twenty great fat toads to be stewed slowly while alive in a pipkin on the fire: the calcined remains are again heated and then finely powdered (Aubrey)." The raw juice of toads was, however, considered poisonous from very ancient times, Pliny making several allustions to it, while Juvenal tells us of the lady "who squeezed a toad into her husband's wine," and the life of James VI of Scotland was once attempted by a woman named Agnes Simpson, who confessed at her trial that to compass the King's death she had hung up a black toad for nine days and collected the juices that fell from it.

The frog, too, had its uses. Oil made of frogs cooked alive in oil applied to the temples was considered a soporific; but frog's spawn was perhaps the most commonly used part of the frog. From the **Pharmacopoeia Extemporanea** of Thomas Fuller, an M. D. of Cambridge, published in 1714, a copy of which, formerly belonging to Sir James Simpson,

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and more recently to Dr. Alex. Napier, is in the library of the Royal Faculty of Physicians and Surgeons (to which it was lately presented by Dr. Napier), I cull the following recipe for what is termed a "Japanic draught," in which frog's spawn water is the active ingredient:—"Take Frog Spawn water 2 ozs.: Syrup of dried Roses 2 Drams: powdered Japanic Earth 1 Scruple. Sugar of Lead 4 Grains: Oil of Cinnamon 1 Drop: Liquid Laudanum 20 Drops: mix." Fuller describes it as having "marvelous vertues against vomiting of Blood, and spitting of Blood, immoderate Fluxes, and all other internal Bleedings." He cites authorities such as Tachinius, who "saith that Frogs' Spawn Water abounds with an occult Volatile Alcali and that 'tis to be highly esteemed for he knew it happily cure a desperate Haemorrhage of the Uterus and tells us that outwardly applied it **without fail** takes away the Pain of the Gout and Stone." Ettmuller, another authority, quoted by Fuller, tells us that "Frog Spawn ought for Distillation to be gathered a few days before the New Moon and then if it be carefully distilled 'twill yield good water, but at any other season the water will stink tho' it be distilled a hundred times over." The last clause gives us a hint of the powerful part played by astrology in the medicine of the middle ages, when a knowledge of the heavenly bodies and their various conjunctions was a part of the equipment of the practising physician.

I have mentioned Bezoar stones as one of the celebrated remedies of the middle ages, and as they were highly valued and commanded almost fabulous prices when at the height of their fashion, a few words about them may not be amiss.

They seem to have come from the east, and to have been introduced to European medicine by the Arabs. The earliest known reference to Bezoar stones is by Avenzoar, an Arabian physician who practised in Seville about the year 1000 A.D., and we find the stones included, as official remedies, in the "London Pharmacopoeias" from 1618 to 1746. The name Bezoar is supposed to be derived from the Persian "Pad-Zahr," meaning an expeller of poisons.

There were many kinds of Bezoar stones sold, the best being the Oriental one—**lapis Bezoar Orientale**—which came from Persia and was supposed to be a calculus from the stomach or intestines of the Persian wild goat, the calculus, having formed by deposits of phosphate of lime round some nucleus such as hair, or the stone of a fruit. A specimen of these stones in the museum of St. Bartholomew's Hospital has a date-stone as its nucleus.

There were other kinds of Bezoar stones, such as those obtained from the stomachs of apes by giving them an emetic, the **lapis Bezoar Occidentale** from the llamas of Peru, and the **Bezoar Germanorum** from the chamois of the Swiss mountains.

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The **Bezoar Germanorum** was considered an inferior sort of article, and never commanded either the same confidence or the same price as the genuine Oriental article, so that "made in Germany" seems, then as now, to have been significant of some cheap and nasty imitation. The real Oriental Bezoars sold for ten times their weight in gold, and sometimes formed royal gifts, the shah of Persia having sent three of them as a specially valuable present to Napoleon not much more than one hundred years ago.

"The original use of the Bezoar," says Mr. Wooton, "was as an antidote to poisons. It came to be the valued remedy for all kinds of fevers, was applied externally in many skin diseases, and had the reputation of being able to cure even leprosy. The dose of the Oriental Bezoar was from 4 to 16 grains: of the Occidental 6 to 30 grains. They were also carried about in gold or silver boxes as amulets, and in Portugal in times of plague the stones were let out at about the equivalent of ten shillings a day." We do not, however, hear of their being obtainable on the "hire-purchase" system.

Naturally there were imitations or "fakes" of such a precious and expensive remedy. The livers and hearts of vipers dried in the sun furnished an inferior article known as animal Bezoar; the alchemists prepared a mineral Bezoar—as we should say "synthetically"—by treating butter of antimony with nitric acid; and a strong concretion sometimes found in cocoanuts and held in high repute by the Malays was called vegetable Bezoar or calatippe.

The belief in a remedy that held its pride of place from A.D. 1000 up to at least 1750 must have been firm and extensive, but there were doubters, and among them one justly famous for his surgical and medical skill, the great Ambrose Paré, surgeon to Charles IX of France, and the most justly celebrated of the physicians of the latter half of the sixteenth century. Incidentally it is related that the King saved Paré from the Massacre of St. Bartholomew by hiding him under the royal bed; but, be that as it may, Paré besides unrivalled surgical dexterity possessed a shrewd "canny" mind which refused to accept as gospel anything of which he had not proved the truth by personal experiment, as the following story shows:—

Once when the King was at Clermont a Spanish nobleman brought a Bezoar stone which he assured the King had the most marvelous properties against poisons, and was an antidote to them all. The King asked Paré's opinion, and the cautious surgeon said he did not see how that could be as there were many different kinds of poisons, acting in very different ways, and he did not see how one substance could be an antidote to them all. The Spaniard, however, still maintained that the stone was a universal antidote, so the King, who seems to have been a bit of an experimental physiologist, sent

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for the Provost Marshal of the Palace, and asked him if he had any criminal condemned to death in his charge on whose **corpus vile** the experiment might be made. It turned out that an unfortunate cook was to be hanged next day for having stolen two silver dishes, and so he was sent for and the offer made that he should take a poison and the alleged antidote immediately thereafter, and if he survived the ordeal he should go free. The cook, like others of his time, a firm believer in the virtues of the Bezoar, naturally consented joyously, and the King's apothecary administered a deadly draught which was immediately followed by a dose of the Bezoar stone. The cook's confidence, alas, was misplaced, and Paré's "doobts" justified, for the former died in great agony about seven hours afterwards, despite the latter's best attempts to relieve him. Nor is the ineffectiveness of the Bezoar to be wondered at when we learn that the poison administered was a large dose of corrosive sublimate. Paré's triumph was completed by the post-mortem examination which he himself conducted, and which showed that the antidote had had no effect at all. The story ends, "And the King commanded that the stone should be thrown into the fire; which was done."

Even Paré's great authority and the result of this experiment were not enough to destroy the popular faith in the Bezoar, for we hear that the demand for the stones was still so great in France more than a century later that it was difficult to get them except at fancy prices, a stone of 4½ oz. weight fetching well on for £100.

Among the other repulsive remedies of the middle ages were mummies, the employment of which in medicine, however, does not seem to have been very ancient nor did it become permanent. The trade in them seems to have been principally in the hands of the Jews, who, true to their tradition of driving a hard bargain, got the habit of manufacturing spurious mummies and selling them for the genuine article, which pleasing practice being dicovered the mummy as a medicine promptly waned in popularity. Mummies were principally recommended for "consumtion, wasting of flesh, ulcers, and various corruptions." Nicasius Le Febre, Professor of Chemistry to Charles II, writing in 1670, recommends mummies of bodies dried up in the hot sands of Lybia, where sometimes whole caravans were overwhelmed by simoons and suffocated. "This sudden suffocation," says Le Febre, "doth concentrate the spirit in all the parts by reason of the fear and sudden surprisal which seizeth on the travelers." Failing the genuine Lybian mummy, Le Febre recommends the dried corpse of a lusty young man of about 25 to 30 years of age who had been suffocated or hanged. Such a corpse was artificially mummified. Paré, however, had no faith in mummies and never prescribed them.

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But not only the mummy—the mere simulacrum of humanity—but even man himself figures among the medicines of the middle ages, and many were the uses to which he, or parts of him, were put. Thus the saliva of a robust young man taken fasting is an antidote against the bites of serpents and mad dogs. Wax from the ears is good against whitlows. Powdered human bone in red wine will cure dysentery. The marrow and oil distilled from bone is a cure for rheumatism. Prepared human skull is a sure cure for the "falling sickness" (epilepsy), and moss grown on a human skull is a haemostatic. The wearing of a belt of human skin facilitates labor and mitigates its pain—an early attempt perhaps at "Twilight sleep."

In a paper by Sir H. Halford in 1835 "On the Deaths of some Eminent Persons," it is stated that one of the prescriptions, signed by four physicians, for Charles II when lying in his last illness and suffering from a stroke of apoplexy, contained among other ingredients 25 drops of the spirit of human skulls.

But not everyone approved of the use of human remedies, and we find Dr. Thomas Fuller (already referred to) fulminating against human skulls as a medicine. Under "Cinnabar pills" in his Pharmacopoeia Extemporanea we find 2 drams of human cranium entering into the composition of the pills which were given against "Epilepsy and convulsion Fitts." In his comments Fuller says—"This Prescript is in Compliance with the Custom of Practice; but for my own part I declare I abominate it. For I take Man's Shull to be not only a mere dry Bone, void of Virtue or any manner of effect, but also a nasty mortify'd, putrid, carrionish Piece of our own Species, Man; And to take it inwardly seems such a horrible execrable Fact, that even the Anthropophagi would shiver at it. And therefore in my opinion 't would be decent and almost pious, to carry them all out of the shops, and ossa sepulchrali contumulare domo." From which we may see that our worthy leech of 1714 had a good command of forcible and descriptive English, as well as a nodding acquaintance with the classical tongues.

One more remedy from the human species, or at least the gentler half of it, I must refer to, tho I think it might more properly be described as a charm. It was used by the Romans, but fell into disuse in the middle ages, and I shall leave it to your judgment, after I have described it, to decide whether it would be worth while re-introducing it in our day, and if so, with what prospect of success.

It was the singular practice of being breathed upon by young girls, and was used by the Romans to prolong life, especially among the aged, and was believed to be efficacious also in prolonging life in certain diseases. That it was a

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recognized method of treatment among the Romans is proved by an inscription which was discovered at Rome cut in a marble tablet, and which ran as follows:—

"To Aesculapius and Health
this is erected by
L. Clodius Hermippus,

who by the breath of young girls lived 115 years and 5 days, at which physicians were no little surprised."

I think the surprise would be no less in our day if the cure produced similar results. So if other remedies fail you, you young ladies of Queen Margaret Medical Club can always fall back on this potent remedial means which is easy of application and always at your command; but pray remember that it is only to be applied to aged persons.

You must not think, however, that medicines from the animal kingdom were the sole or indeed the chief remedies used by the mediaeval physician, for he had an innumerable variety of preparations from the vegetable kingdom, as well as a goodly number from the mineral kingdom which the researches of the alchemists had made available to him. A feature of the mediaeval formularies was the enormous number of plants and simples employed in various preparations of which now but little else than the names survive, while Physic Gardens, both private and public, abounded, the most celebrated of the latter being the Chelsea Physic Garden of the Society of Apothecaries.

To those interested in early English herbal medicine I would recommend a perusal of the work in three volumes by the Rev. Oswald Cockayne, M. A. Cantab., entitled **Leechdoms, Wortcunning and Starcraft,** published in 1864, and a very treasury of information for those curious on such subjects. It is too ponderous and erudite a work—giving the Anglo-Saxon original and the English translation in parallel columns—to attempt to epitomize or even utilize for our purposes tonight, so I again turn to our friend Dr. Fuller for a few more examples from his **Pharmacopoeia Extemporanea.** Here we find such terms as a Splanchnic Ale, a Hysteric Ale, an Arthritic Ale (Dr. Fuller evidently believed in medicated ales, for he gives recipes for 31 different kinds), also old terms now gone out of use as the Lohoch, the Julep, the Glyster, the Epithegm, the Bolus, the Bag and the Quilt, nearly all of which depended largely for their virtues on vegetable substances, often familiar domestic plants. A couple of examples, with Fuller's comments on their therapeutic action, must suffice:—

A Red Lohoch.—"Take conserve of Heps half an ounce, Syrup of Elder-Berries and Oil of Sweet Almonds of each 1 ounce; mix. This fine colored and pleasant-tasted Lohoch anoints as 't were with a grateful Mucus, and imbues with a

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lenifying oleosity the mouth and throat when parched, rough, hard, contracted, scorched up, chap'd, cracked and excoriated; takes away ill tastes in the mouth, corrects the acrimony in the Saliva, palliates Thirst, makes the Parts smooth, slippery and flexible and so facilitates Digestion. I remember," goes on Fuller, "one in the Small-Pox, who, lying miserably bad, devoured rather than took his Linctus and clamored and even roared out for it, saying he could not live without his Golden Medicine as he called it."

One hardly knows whether to admire more Fuller's command of descriptive adjectives or the patient's unusually agreeable attitude to his medicine. How many of our patients enjoy their medicines so much as to "roar out" for them?

These were the days of polypharmacy, as the following prescription from Fuller, termed "A Carminative Anodyne Mixture," shows. The directoins for preparing it were—"Take Marsh Mallow 2 ounces, boil it in spring water a Quart, down to a Pint. Strain out the Liquor without squeezing; then take Juniper-berries well bruised, half an ounce; Seeds of Anise, Sweet Fennel, Caraway, Coriander, of each 2 Drams. Water of Rue, Pennyroyal and Gentian compound, of each 4 oz. Bryony and Piony compound, of each 2 ounces. Macerate close and warm 4 hours; then having strained it and mixed it with the foregoing Decoction, add Syrup of Meconium 4 ounces, Sydenham's Liquid Laudanum 40 drops. Mix. 'Tis to be given to ease Pain and cause Rest in the Colic and in the Stone to 4 or 6 ounces."

This seems to us a fairly complicated prescription in which one or other of the numerous ingredients might reasonably be expected to hit the mark, but it is almost childishly simple when compared with the four great "stock" remedies if one may call them so—of the middle ages which had been handed down from remote antiquity and were known as the four official capitals.

They were (1) The Mithridatium, said to have been invented by King Mithridates.

(2) The Theriaca or Treacle—usually known as Venice Treacle, because the most celebrated brand came from Venice—said to have been invented by Nero's physician Andromachus as a rival to and an improvement on the Mithridatium.

(3) The Philonium, invented by Philon of Tarsus, who is said to have been a contemporary of St. Paul, and

(4) The Diascordium of Hieronymus Frascatorius, which was devised as a preventative of Plague and became so popular that Dr. James, writing in 1747, says that "the Diascordium and the Venice Treacle invented by Andromachus, Nero's physician, have been used by almost every physician who has practised since their publication."

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As they contained from 50 to 60 ingredients, it is hardly to be wondered at that they were found useful in a considerable variety of diseases, and in addition to whatever inherent virtues they may have possessed, they also had the approval and blessing of the Faculty, as the above quotation from Dr. James shows, but not only so, they had also the approval of some of the great ancients, notably Galen (A.D. 130), who after Hippocrates was the outstanding figure of classical medicine. Galen proved the virtues of the Theriaca for himself by what I suppose would now be described as a vivisection experiment, for which in our day he would require a license, viz., dosing a certain number of fowls with the treacle and leaving a like number undosed. Poison was then administered to all, and the fowls to which the Theriaca had been given survived, while the others all died.

Is it any wonder, then, that a preparation so severely tested and so triumphantly emerging from the test should have merited the high encomiums which Galen passed on it, for he declares that "it resists poison and venomous bites, cures inveterate headache, vertigo, deafness, epilepsy, apoplexy, dimness of sight, loss of voice, asthma, coughs of all kinds. spitting of blood, tightness of the breath, colic, the iliac passion, jaundice, hardness of the spleen, stone, urinary complaints, fevers, dropsies, leprosies, the troubles to which women are subject, melancholy, and all pestilences."

If we did not know Galen to have been one of the really great ones of early medicine, with a repute hardly less than that of Hippocrates, we might be apt from the above to think of him as an ingenious advertisement writer for a patent medicine.

But all these various animal remedies and their fearfully and wonderfully compounded treacles and electuaries I have mentioned were, so to speak, ancillaries to or accessories of the great remedy of the middle ages, viz., bleeding, which has only fallen into disuse almost in our own times, and of which we may still occasionally see the insignia in the tin or brass dish with a piece cut out of the rim, and the red, white and blue striped pole suspended as the sign of some old-fashioned barber. The dish was for catching the blood from the opened vein, the removed segment of the rim allowing closer application to the arm, while of the parti-coloured pole the red represented the arterial blood, the blue the venous blood, and the white the bandage with which the blood was staunched by pressure after the operation of bleeding was over. The barber-surgeons were a well-known guild of those earlier days, and after surgery proper had become a branch of the healing art by itself, the barbers still continued to perform the humbler but still considered necessary operation of bleeding, and hence the barber's pole. Those were the days of

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"Gross o'erfeedings
Furious bleeding,
Frequent blisters,
Constant clysters,"

and it is probably to aur ancestors' prowess as trencher-men that we can ascribe their survival from the drastic and depleting remedies then in vogue, but remedies, be it remembered, the use of which was founded on the humoral pathology of the day, for diseases were then generally ascribed to various humours, vapours or essences which had to be driven out of the sufferer's body by the most powerful remedies.

From the translation in English published in 1672 by Nicholas Culpepper, "Physician and Astrologer"—himself a well-known figure in English medicine—of the works of "that learned and renowned Doctor, Lazarus Riverius, sometime Councellor and Physician to the King of France," I take a few examples, which show that bleeding was then almost a matter of routine in practice, though violent purgatives, often in enormous doses, and copious clysters were close rivals:—

Thus, in a case of left-sided "pleurisie" in a young lady of 20, daughter of a citizen of Montpelier, we read—"on the second day of her disease a vein was opened on the same side and eight ounces of blood drawn away. The day following, when the chyrurgeon would have let her blood again, he could not find the vein; because the Virgin was very fat and the Vein lay buried in the depth of her arm, so that because the Vein appeared better in her right arm he was forced to open the same and drew thereout eight ounces of blood. Nevertheless, this blood-letting did no good."

But the learned doctor's thirst for blood was by no means appeased, and as the lady threatened to be "choaked," and "had a very high Fever," he sent for several other chyrurgeons, and having selected "one of the skilfullest," who would not bungle the matter as the other had done, Riverius suggested to him that "heshould make a large Orifice and take away good store of blood at once, seeing it was so hard a matter to repeat Phlebotomy in this patient." The "skilfullest" gentleman vindicated his reputation by taking away 15 ounces of blood "whereby the patient was much eased and not at all weakened. Four or five hours after blood was again let to 10 oz., which she easily bore, and the day following was perfectly freed from her Pleurisie and Fever." A pretty drastic remedy the removal of 40 oz. of blood, but the acuteness of the disease and what we should now call "sthenic" condition of this corpulent young lady may have justified the severity of the cure.

But what shall we say of a harmless ailment like "hiccupping" in a young girl of 13 being treated with 15 grains of calomel, or of a tonsillitis in a young man being treated first with a clyster then by letting of blood to 10 oz., then by a vesicatory to the nape of the neck, followed by cupping glasses

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with sacrification to his shoulder blades, and finally, four hours after his bleeding, by 2 oz. of aqua benedicta, which, as the worthy and plain-spoken chronicler remarks, "purged him both up and down, and a little while after he did perfectly recover."

That the excellent Riverius had faith in his own remedies is evidenced by his having taken for a "catarrh with hoarseness" which afflicted him "on the 7 of November, 1644, the south wind then blowing," a dose of 20 grains of calomel and 8 grains of resin of jalap on the sixth day of his illness; the fifth day of the illness having been celebrated by his opening one of his veins to relieve his cough. Rather a difference from the ammoniated ticture of quinine or tablet of aspirin with which in these degenerate days we tinker our trivial troubles.

An ingenious gentleman and a fellow of infiinite device this mediaeval physician, for, telling of a "quinsie" where the patient could not swallow on account of the swelling in his throat, the resourceful Riverius, that the patient "might be able to bear plentiful bleedings and other remedies," put "a catheter into his throat and a syringe joyned to the catheter, by which means they squirted broths into his throat which went down into his stomach, as also other remedies, by help whereof he was delivered from death." Our erstwhile friends, the "hunger-striking" Suffragettes—now more worthily employed—have surely here good cause to pluck a crow with the learned doctor, if this be the first recorded case, as peradventure it may be, of "forcible feeding."

As another example of the ingenuity of this doctor of the olden times, I may cite his method of curing "The Skul depressed by a Wound," which occurred in a female infant of 18 months old who had fallen down stairs—careless mothers and steerin' brains existing then as now—with the result that "her skull was bowëd in between the sagital and coronal suture, the quantity of half a nut"—whether a walnut or a cocoanut is not stated. Riverius applied a cupping glass, first without sacrification and subsequently with sacrification, and repeated the process for "five or six days together," assisting it with "a cataplasm of bread, wine, and roses" twice a day, with the gratifying result that "the depression or dent was taken away so that the bone returned to its natural place and convexity."

To those of us familiar with the suction power of a well applied cupping glass, the cure, when one considers the yielding nature of a child's bones, seems one likely to succeed, and I commend it to the consideration of obstetricians who are sometimes hard put to it to straighten out the dents—the spoon-shaped depressions—sometimes found on the heads of new-born infants after instrumental deliveries.

One would fain spend longer time with this quaint and resourceful old leech, but time presses and we must on.

If the menagerie of animals which I have mentioned, or the

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higglety-pigglety of remedies referred to above, or even the crude art of the surgeons of the times with their primitive instruments failed to cure or relieve our mediaeval forefathers, they were very apt to fall back on magic or on some kind of charm as a cure, if, indeed, they had not already tried it before yielding to the ministrations of the regular faculty. Credulity has flourished in all ages, and it is far from extinct even in our day, and indeed it is a question if the mediaevelist, considering his limitations of information and of education, was one with more credulous than are those of our own time who pin their faith to some notorious quack remedy, frequent cancer-curers and bone-setters, or invent a quasi-religion which cures all diseases by the very simple method of saying that none exist.

Our ancestors had a great variety of such remedies—some of them handed down from the remotest times of antiquity—which ranged from the mysteries and obscenities of the Black Art or Black Magic, through a host of incantations and charms down to some harmless and familiar plant, worn in a certain fashion or gathered under certain astrological conditions.

Here, for instance, is a cure for toothache, given by Marcellus, one of the later Latin medical authors. It consisted in repeating the words "Argidam, Margidum, Sturdigum" thrice, then to spit into a frog's mouth and set him free requesting him at the same time to carry off the toothache.

A charm against the evil eye consisted of a quill filled with mercury, sealed at each end and worn bound to the body. An emerald suspended from the neck was considered potent to ward off ague, while a very well-salted herring split open and applied to the soles of the feet was a noted remedy for the same disease.

Singular virtues were supposed to be attached to a "dead-man's hand," especially if it was from some pious martyr such as Father Edmund Arrowsmith, who was executed at Lancaster, for his faith, in 1628. After the execution one of his friends cut off his right hand, which is, or was till recently, preserved in the Roman Catholic chapel at Ashton-in-Makerfield, and many wonderful cures are said to have been wrought by this gruesome relic.

Somewhat similar was the kingly touch for scrofula, which thus got its name of the "King's evil," and we hear of that rather domineering old gentleman, Dr. Samuel Johnson, having been taken to London in 1712—when he was about three years old—to be touched for "the Evil" by Queen Anne.

The Mandrake or Mandragora was a remedy round which from the remotest times superstitious notions clustered. Besides its acknowledged narcotic properties referred to in Shakespeare in the lines—

> "Not poppy nor mandragora
> Nor all the drowsy syrups of the world"—

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there is a good deal of evidence that it was used as an an
thetic, Dioscorides describing a decoction of it, of whic
cupful was to be taken to mitigate the pain of amputat
or the use of the cautery; while speaking of the wine prep
from the outer coat of the root the same author says—"
person who drinks it falls in a profound sleep and rem
deprived of sense three or four hours. Physicians apply
remedy when the necessity for amputatios occurs."

But it was round the gathering of the mandrake roots
the superstitions chifly centered; as it was reputed to be
to any mortal to drag it from the earth, the shrieks of
roots, which were supposed to be of human form, being
dreadful that no mere man could hear them and live.
so—to use our modern phrase—"they tried it on the d
the mandrake gatherer having stopped up his ears, so tha
could not hear the shrieks of the plant, taking with him s
wretched dog to the scene of operations. The tail of the
was attached to the above-ground part of the mandrake,
the mandrake gatherer turning his back to the fatal p
dragged on the dog, the dog dragged on the mandrake, w
was presently wrenched from the ground with shrieks
dreadful that the dog, not deafened like his master, in
tinently died, while the mandrake gatherer triumphantly
off his perilously acquired spoil.

In **Romeo and Juliet** Shakespeare refers to this superstit

> "And shrieks like mandrakes torn out of the earth
> That living mortals hearing them run mad."

The forked roots were supposed to represent the human
—little mannikins—some being regarded as male and ot
as female, and were considered a sure and certain charm
the appearance on the scene of children—little living
nikins—when these blessings had not resulted from a
riage.

Nowadays, when the treatment of small-pox, scarlet fe
and other exanthemata by secluding the patient in a
lighted room is considered the very latest method, it is i
esting to hear that, as long ago as the time of Edward
John of Gaddesden related with much gratification hov
had cured the King's son by this device, and rooms hung
red cloth were in the olden days esteemed effective in m
countries agaisst certain diseases, especially small-pox.

The popular prejudice in favour of red flannel—as aga
flannel of any other colour—is probably a remnant of
fancy that red was peculiarly obnoxious to evil spirits,
the mother who ties a red coral with silver bells round
infant's neck is probably unaware that she is perpetuatin
ancient superstitious practice, for coral was supposed by
soothsayers to have mystic properties, and was believe
ward off the evil eye and to drive away devils and evil sp

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while the bells were originally intended, not to amuse the child as with us, but to frighten away the demons and hob-goblins who would otherwise molest it.

Of the many charms or talimans employed in medicine, the most famous perhaps was the mystic Abracadabra, which is of great antiquity, for it is referred to in the works of Quintus Neverus Samonicus, who was a noted physician at Rome early in the third century A.D., and accompanied the Emperor Severus in his expedition to Britain A.D. 208. You will remember how the Isgoldsby Legends poke fun at the great Abracadabra chram in the Lay of St. Dunstan, where "Peter the lay-brother, meagre and thin" employs the spell to compel a broomstick to bring him beer, and being unable to stop the spell, ultimately gets drowned "in tuns of double X."

The spell consisted in writing the word Abracadabra across a piece of paper, the word being repeated in the lines below but with the terminal letter of each succeeding line dropped out, so that ultimately you had a triangle formed with the word Abracadabra as the base and the letter "A" as the apex, pointing downwards. This triangle of letters was sometimes enclosed in what was known as a "pentacle" or five-pointed stars formed out of two intersecting triangles, the pentacle being sometimes decorated with some of the signs of the Zodiac or with the symbols of the alchemists. The paper on which the spell was written was tied with flax, worn round the neck for nine days, and was then to be thrown over the shoulder into a stream running eastwards.

There have been various interpretations of this famous spell. One associates it with the Hebrew words "Ab, Ruach, Dabar," meaning Father, Holy Ghost, Word. Another is that Abracadabra is a modification of the word "Ablathanabla," meaning Our Father, Thou art Our Father; while a third and perhaps more probable theory derives it from the Hebrew "Abrai seda brai," which would signify—"Out, bad spirit out."

Another remedy of the middle ages, half magic and half medicine, was the sympathetic powder to which I have already referred, that of Sir Kenelm Digby being the most celebrated, though there were others; and sometimes the remedy was used in the form of an ointment. Briefly, the theory of the remedy was that the sword which had inflicted a wound, or some blood-bespattered article of clothing from the wounded person was sprinkled with the powder or "salved" with an ointment containing the powder, and by the sympathy of the powder on the weapon the wound was healed. But an important part of the cure, not always mentioned when the powder of sympathy is described, was that the wound was to be brought together and carefully bound with clean linen rags, and above all, was to be let alone for seven days, by which time the sympathetic powder was supposed to have

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had time to work. Your surgical knowledge, of course, tells you that the sympathetic powder, which consisted of calcined green vitriol, "had nothing to do with the case," and that the marvellous healings attributed to it were really due to the unwitting application of more or less aseptic dressing to the wound, and the prevention of sepsis by the exclusion of the air—then probably more rural and less germ-laden than now—for seven days from the wound.

An extraordinarily interesting and picturesque figure this Sir Kenelm Digby, whom we hear of as a favoured courtier at the Court of James I, despite the fact that his father had been executed for complicity in the Gunpowder Plot, and adventurous he must have been, for he pressed the King for a commission to go buccaneering—the fashiosable thing to do in those days—and to steal some Spanish galleons. With permission to go buccaneering, which in the licence was euphemistically termed "A voyage for the increase of his knowledge," Sir Kenelm scoured the Mediterranean for a year or two, capturing some French, Spanish, and Flemish ships and winning a rather severe fight with French and Venetian vessels at Scanderoon in the Levant, this exploit being celebrated by Digby's friend Ben Johnson in, for him, execrable verses which ended—

> "Witness his action done at Scanderoon
> Upon his birthday, the eleventh of June."

There are several allusions to sympathetic powders in literature notably in Butler's **Hudibras, e. g.**—

> "For by his side a pouch he wore
> Replete with strange hermetic powder
> That wounds nine miles point blank could solder,"

and again—

> "And weapons dressed with salves restore
> And heal the wounds they made before,"

and in the **Lay of the Minstrel** Scott writes—

> "And she has ta'en the broken lance,
> And washed it from the clotted gore,
> And salved the splinter o'er and o'er."

I would fain to say more of many of the famous powders and cures used in those days, some of which are still in use in our times, but must content myself with a reference to one whose inventor, like Sir Kenelm, had a taste for wild adventure and the perils of the sounding seas.

You are all familiar—or shortly will be—with Dover's powder, still justly held in repute for its diaphoretic and narcotic properties. It was invented by Thomas Dover, born in 1660, who, after being a house pupil of the celebrated Sydenham, settled in practice in Bristol in 1684, and plodded

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along there till 1708, when at the age of 48 the allure of adventure and the spirit of the seas seized him, and he set out with a privateering party on a voyage round the world. The expedition consisted of two ships, the "Duke" and the "Duchess," the former commanded by Dover, who presumably must have had some knowledge of seamanship and navigation, and would see that in his vessel all things were done "ship shape and Bristol fashion." In the course of their voyagings, which lasted three years, Dover on the "Duke" touched, on 2nd February, 1709, at the island of Juan Fernandez, and rescued from its solitary shores Alexander Selkirk, who had lived alone on the island for for four years and four months, and whose story was to be wrought by the magic pen of Defoe into a book which has charmed the childhood of many past generations, and will charm childhood for centuries to come, the immortal **Robinson Crusoe.**

Ladies and gentlemen, Dover's powder suggests sleep—"**hora somni sumenda**"—and I would not wish either, on the one hand, that this address should assume the narcotic properties of Dover's powder, or on the other that it should last till the "**hora somni**" of the earliest bedder of us all, and so I draw to a close.

I fear this lecture has been but discursive and lacking in historical sequence, or even in edifying information, but if it has served to amuse you and perhaps to stimulate your researches into that fascinatingly interesting subject, the history of medicine, I am more than rewarded, and in closing I desire to thank you for the honour of addressing you and for your courteous indulgence to my poor but honest effort.

YEAST THERAPY IN ARTHRITIS DEFORMANS —A PRELIMINARY REPORT*

By William H. Spencer, M. D.

That distressing condition of the joints and periarticular structures termed arthritis deformans, and known to the laity as "rheumatism," is now generally considered a result of focal infection. The older hypotheses of nervous and metabolic origin have failed in substantiation, while many are the reports of improvements following the clearing up of some chronic infective process. The teeth, tonsils, nasal accessory sinuses, ear, appendix, gall-bladder, and intestine have individually been incriminated. So far has the pendulum swung and so frequently have the teeth been at fault, that some practitioners are accused of advising reckless extraction of teeth with the promise of cure of the artritis, without looking for other possible sources of trouble. Little thought seems to

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be given to the digestive disturbance apt to follow the improper chewing of food from the sacrifice of these organs of mastication. Similar lack of study has led to the removal of many tonsils with like disappointing effects in regard to the cure of the joint condition, but with certainly less detrimental effects on the patient.

We have found the observation of the following case most instructive and interesting:

Mr. A. K. aged seventeen, had enjoyed good health with the incidents of the usual childhood diseases until the age of thirteen, when he was seized with a polyarthritis which confined him to bed for two years. At the end of this time he was able to move about the house with the aid of crutches. He continued in this condition for two years longer, avoiding any except most necessary movements because of the pain incurred. The temperature had been continuously elevated, ranging between 99° and 102° F. Physical examination at this time, after four years of illness, showed a fairly nourished and developed boy with slight cyanosis of the lips and finger-nails, and marked dyspnea on slight exertion. The ears, teeth and nasal sinuses were normal, but the tonsils were large and their crypts filled with inspissated accumulations. No lung abnormally existed. The heart, however, was greatly enlarged to the left and somewhat also to the right. There was a heaving precordial pulsation and a distinct presystolic thrill over the base. Loud, rough to-and-fro murmurs replaced the heart sounds, a diastolic murmur in the aortic area being most sharply marked. The head nodded at each heartbeat, and the waterhammer (Corrigan) Quincke and pistol-shot pulses were present. The systolic blood-pressure was 118 while the diastolic was read at 24, although the pulsations could be heard to the zero mark. This feature has been pointed out by Prof. H. A. Hare as a valuable diagnostic sign in aortic regurgitation. Abdominal examination revealed no evidence of disease.

Both wrists were flexed by tendon contraction, and periarticular thickening prevented any motion. The right elbow was held in partial flexion by bony ankylosis. Both ankle-joints were swollen and stiff; passive motion produced a leathery crepitation with great pain. Both knees were swollen, stiff, painful, and creaky. The right hip was fixed in partial flexion, but some motion in the joint could be made by the examiner. The temperature was 102° and pulse 130. Urinalysis showed a trace of albumin and a few hyaline casts. The blood Wassermann was negative.

Because of the very evident tonsillar disease it was considered that here the focus of infection was apparent and the indications for treatment clear. The dyspnea, cyanosis, and continued fever were, however, contraindications to any immediate operative treatment, so that efforts at improving the

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general condition were begun. Continued movement of the joints both passive and active was urged in spite of the pain. Small doses of sodium bicarbonate were also given, and the tonsillar crypts treated with a 3-per-cent. iodine solution. After four months of this treatment, however, no marked improvement followed, and the temperature continued to range between 99° and 102°, the pulse varying from 96 to 130. At this time constipation became annoying, and the patient was given one yeast cake thrice daily after meals. A laxative effect was obtained and the bowel action became normal.

It was now observed that the general condition began to rapidly improve, the dyspnea subsided, the joint action became freer and less painful; temperature and pulse fell to normal. After three months of the yeast treatment with active and passive motion of the joints, the patient was able to walk without crutch or cane, he took an office position in which he typed all correspondence, carried all messages, and incidentally is learning mechanical drafting. He often walks eight miles a day and climbs three flights of stairs without pain or discomfort. The ankle and knee-joints have quite recovered. The motion of the right hip-joint is excellent, although there is still some limitation of flexion. The wrists are becoming straighter and more mobile, but the right elbow remains unchanged. The heart has returned almost to normal size, and of the murmurs there remains only a systolic roughening at the apex. From an invalid, the boy has become a self-supporting member of society.

It is quite evident that in spite of the very apparent tonsillar disease the real focus was in the intestinal tract, and that the improvement in all probability resulted from the influence of the yeast on the intestinal bacterial flora. Tonsillectomy is to be done, however, for these tonsils are potential of much harm and may be the source of a relighting of the joint condition if allowed to remain.

In three other milder cases of arthritis deformans, in older patients, we have observed definite improvement in the joint conditions and a lessening of pain on motion under yeast therapy.

Conclusions

1. There may be more than one focus of infection, so that careful study should be made of each case before conclusions are drawn and promises made.

2. Definite improvement has followed the administration of yeast in all of the cases of arthritis deformans studied, and remarkable benefits resulted in one case.

3. Yeast therapy in arthritis deformans deserves further trial. The results in cases so treated should be reported so that accurate determination of its possible value in this trying disease may be determined.

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MEDICINE AND THERAPEUTICS

CHOREA

Chorea is a functional nervous disorder and has been called "insanity of the muscles" because it is characterized by incoordination of muscular motions and involuntary spasmodic movements. It occurs most often in children and young adults and is said to be rare in negroes and to have never been observed among the American Indians. Heredity may have something to do with the disease. The nervous temperament and anemia are certainly predisposing factors. Excitement, fright and grief as well as overstudy may excite the disorder. Imitation is often a cause, the same as it is in epilepsy.

The prophylaxis is important. All unusually bright children, especially those of neurotic heredity, should be carefully watched. Overstudy, anxiety and excitement must be prevented. Examinations and competitions for school prizes are foolish and pernicious, and should be forbidden.

Arsenic is one of the most grateful remedies in chorea. Fowler's solution, gtt. 2 to 5, may be given in water three times a day. Large doses of arsenic are well borne.

Antipyrine is highly recommended and may be given in 2-grain doses every 3 hours to very young children.

Iron should be given in the following mixture:

℞ Ferri citratis ..... ʒ i i (8.0)
Syrupi ..... ʒ i v (16.0)
Aquae aurantii florum ..... ℥ i S S (48.0)

Misce et signa: One teaspoonful (4.0) three times a day. The iron may often be advantageously combined with arsenic.

Strychnine, in doses gradually increasing to the toxic; minute doses gr. 1/80 to 1/40, are very useful when chorea is due to fright or to commencing puberty. Valerian is always beneficial

Morphine with chloral in large doses is effective in severe cases and when the movements prevent sleep. Veronal is recommended as a sedative. Trional is said to give prompt relief.

The following formulae have been recommended:

℞ Arseni trioxidi ..... gr. 1/50-1/30
Ferri reducti ..... gr. i-iii
Quininae sulph ..... gr. ii-v

In pill or capsule, thrice daily.

℞ Chlorali hydrati ..... ʒ iv
Tinct. hyoscyami
Syr. limonis ..... aa ℥ i
Aquae Cinnamoni ..... ℥ iv

M. Sig. A teaspoonful 3 or 4 times daily according to age.

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℞ Zinci oxidi.....gr. iii-vi
Sachari albi.....gr. xxiv
M. et div. in pulv. no vi.
Sign. One powder thrice daily.

Cod liver oil should be given when nutrition is low. Alcohol is often very beneficial and is best given in the form of port wine.

Exalgin is regarded by many as a specific in chorea, and is given in doses of 2 grains thrice daily and gradually increased to 3 grains five times a day. Duboisine is said to be of service.

The Solanaceae are suitable for delicate children. The bromides, especially in large doses must be mentioned in order to be condemned.

Cases of chorea defying ordinary therapeutic measures, have been treated successfully in the following manner:

Autoserum in 15.0 to 30.0 doses to be injected intraspinally at intervals of three to seven days during which time the patients (children) were kept in bed. (Dr. A. L. Goldman, of New York, Arch. Pediat., Sept., 1916).

Another method of treatment consists in keeping the patient constantly asleep for several weeks by means of chloral. Some instances of chorea have been amenable to suggestive treatment. The same is indicated in choreiform affections, "habit spasms," impulsive tics, peculiar movements, rapid opening of the eyes, jerking or shaking the head, drawing the mouth to one side, shrugging one shoulder, sniffling, etc.

* * *

Huntington's chorea comes on in middle life. The onset is usually sudden with irregular movements of the hands. Later the face is involved and the gait becomes irregular. The patient may seem about to fall and then by an effort to recover just as if he was intoxicated. All his movements lack co-ordination. The speech is slow, interrupted and indistinct. The movements are increased by excitement. They are not present during sleep.

The sexes are equally liable to this disease.

Heredity plays an important rôle in the causation of this affection which has been observed in cartain families for generations. The family originally reported by Huntington in 1872, still exhibited the tendency as late as 1898.

The disease is progressive, leads to feeblemindedness and increasing dementia and is finally fatal. No drug is known to exert any influence on the progression of this malady. Urotropin, 10 grs. three times a day; salvarsan; magnesium sulphate; autoserum, may be given a trial.

Instances are recorded in which the patients put an end to their sufferings by suicide.

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BORBORYGMI

Borborygmi, the rumbling gurgling noises in the bowels, the angry grumblings and dismal groans of an empty stomach. The only remedy is food. After a good meal the borborygmi will be heard no more. A full stomach is silent.—Which is clever, but, as is the case with so many clever things, not true.

BOILS

Boils, or furuncles, are local inflammatory affections of the skin, often involving a cutaneous gland or hair follicle. They may appear single or in "crops." The formation of boils is favored by constitutional or digestive derangement and local irratation.

The treatment includes tonics, proper diet, attention to the bowels and exercise in the open air.

Ammonia, caustic potash, acid mercury nitrate have been used to abort boils in the early stage. A mixture of equal parts of ichthyol and collodion is a useful local application.

The following is a good paste:

℞ Kaolin ..... ℥ ii
Glycerin ..... ℥ i
Ichthyol ..... 3 ii

M. S. Apply on lint.

Arsenic is often beneficial.

Yeast, nuclein, quinine and mineral oil are given to prevent recurrence.

BITES AND STINGS

Insect bites, stings of bees, etc., may cause much pain and swelling. For this, cold compresses wrung out of lead and opium water may be applied. The less poisonous insect bites may be treated by the application of ammonia water.

Salicylic acid, 1 to 19 of flexible collodion, applied locally for bites of insects, allays pain at once. Hydrogen dioxide, applied to the place stung by a hornet, will give instant relief. The same is claimed for sugar. Ipecacuanha, the powdered drug made into a paste, relieves the pain and swelling due to bee stings. If the sting is left in the wound, it should be removed by pressing with the barrel of a key.

A weak phenol solution sponged over the exposed parts of the body, keeps off mosquitoes. The following is a useful lotion against mosquitoes:

℞ Ol. picis liquidae
Ol. olivae
Ol. hedeomae ..... aa 3 i
Spt. camphorae
Glycerin ..... aa ℥ ss
Phenolis ..... 3 ii

M. Shake well.

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Calcium chloride, a filtered solution injected into wound from snake bite, has proved successful. A strong solution of potassium permanganate, 1 to 6 locally, is very efficient against insect stings and reptile bites. Immediate attention should be given to bites produced by dogs, cats, horses, etc. The wound should be excised and then pure carbolic acid, nitric acid or silver nitrate should be applied.

BELCHING

Belching, or eructation, i. e., the throwing off wind from the stomach, is due to flatulence, i. e., the presence of air or gases in the stomach or intestines. Flatulence may be lessened and belching prevented by bismuth or sodium sulphocarbolate, or salol before meals.

Other remedies are: Charcoal, gr. VI or X, soon after or just before meals; turpentine, gtt. iij—v on sugar; sulphurous acid, in 5 to 10 minim doses.

The following formula is recommended:

℞ Bismuthi saliculatis
Magnes. calcinat.....aa 3 iv
Carb. ligni (pulv.) ..... 3 vi
Olei anisi ..... ℥ ss

Ft. pulv. Sig: A teaspoonful before each meal.

Chloroform, pure, in drop doses, is beneficial.

Asafetida, 3 i of tinct. to 8 ounces of water, dose 3 i, is said to be useful for children.

According to some authorities, flatulence affects chiefly neurotic individuals upon whom the fact should be impressed that they can prevent the condition if they will.

The French recommend that the patient take a cork between his teeth to keep the mouth open; this is done after every meal, and the practice continued for a considerable length of time.

In the popular mind, belching is a sign of health and of a good digestion. When you are invited to eat with an Arab and you do not belch during or after the meal, your host is dissatisfied, thinking that his food does not agree with you, but your eructations are greeted with words of blessing and exclamations of delight. In oriental countries it is good form to belch when sitting at table.

BARBER'S ITCH

Barber's Itch (Tinea sycosis) is marked by inflammation of the skin of the hairy parts of the face. It may be transmitted from one person to another and is exceedingly obstinate.

The parts should be well bathed in a mild antiseptic lotion, such as 1 to 10,000 of the biniodide of mercury or a weak carbolic, 1 in 60. Then hair after hair should be pulled out.

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The inflammation may be allayed by zinc, lead or other mild antiseptic ointments, applied thickly on linen.

The following is a good preparation:

℞ Hydrarg. ammoniati ..... gr. x
Sulphur precipitat. ..... ʒ i
Lanolini ..... ʒ vi
Petrolati ..... ʒ ii

M. ft. ung.

Sig. A little to be well rubbed into the affected parts each night. A 10 per cent. oleate of copper ointment has been used successfully.

BAD BREATH

In cases of bad breath look for carious teeth, morbid gums, bad digestion, gangrenous lungs, etc.

As etiological factors, local conditions are of small significance as compared with fecal accumulations in the bowels. In habitual constipation, the feces becoming hard, the blood is charged with fecal odors which are carried to the lungs to be exhaled there, and thus the breath becomes contaminated. For the correction of this trouble, the following prescription is recommended:

℞ Sodium benzoate ..... 4 drams
Sodium salicylate ..... 3½ drams
Thymol ..... 20 gr.
Powdered rhubarb ..... 60 gr.

Divide into 48 capsules. The dose is 2 capsules an hour after each meal and at bedtime.

If local putrefaction is the cause, the following remedies are recommended:

Permanganate of potassium, 1 gr. to 1 oz. aquae rosae, as a wash for the mouth.

Another good mouth wash, to be used frequently, consists of ½ pint of cinnamon water with 20 gr. of chlorate of potash.

Phenol, a dilute solution, as a mouth wash. The following is a grateful formula.

℞ Calcis chlorinatae ..... ʒ ii
Aquae destillatae ..... ℥ ii
Alcoholis ..... ℥ ii

M. Sig. A teaspoonful in a glassful of water as a lotion for the mouth.

Peroxide of hydrogen diluted in water is a good mouthwash. Thymol, in solution, is the mouthwash par excellence. The chewing of gum is advisable.

An odor can sometimes be displaced by a stronger one, and there are many confections in the market for the purpose. A coffee bean chewed for a few moments, or a clove (the dried flower bud of Eugenia aromatica) will often answer. First, and last, and above all: Attend to your teeth and your bowels.

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WARTS (VERRUCAE)

Warts are dry excrescences on the skin from the size of a pinhead to that of a bean. Some forms are due to micro-organisms and may be autoinoculable and contagious.

A simple lay method of getting rid of a common wart on the hand or face consists in smearing same with your spittle in the morning before you have rinsed your mouth or partaken of any food. The early saliva contains caustic substances which will destroy the wart in from three to four weeks.

Another method consists in scraping away the wart with a curette and then applying the stick of nitrate of silver to the base.

Salycylic acid in alcohol is often successful.

℞ Salicylic acid ..... 3 i
Alcohol ..... ℥ i

Apply two or three times a day.

An alcoholic solution of resorcin—30 grains to the ounce—is recommended.

A1:00 corrosive sublimate solution is sometimes efficacious.

The employment of trichloracetic acid has been advocated. Dip a sharp pointed hardwood applicator into the acid and push it into the wart several times. It may be necessary to repeat this procedure several times.

A few good formulae for the removal of warts:

℞ Chloral hydrate ..... 1 part
Salicylic acid ..... 4 parts
Acetic acid ..... 1 part
Ether ..... 5 parts
Collodion ..... 15 parts

M. Signa: Paint on wart once a day.

℞ Extract of cannabis indica ..... 1 part
Salicylic acid ..... 2 parts
Collodion ..... 40 parts

M. Sig.: Paint on wart once a day.

℞ Potassium bichromate ..... gr. iii
Petrolatum ..... ℥ i

M. et Signa: Rub into the wart at night.

Warts in children where there were numerous lesions have been successfully treated by the application of

Liquor Carbonis Detergens, full strength, twice daily.

An up-to-date treatment of the adult type is by Electrolysis. The proceude is as follows: The needle is attached to the negative pole and the positive pole attached to a wet electrode grasped in the patient's hand. The length of time of application varies from one to three minutes and the strength of the current from one to four milliamperes. The needle is moved

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about in several directions without withdrawing it entirely from the growth. Usually one application is sufficient for the removal of a wart.

VOMITING IN PREGNANCY

Vomiting in pregnancy is a serious condition which often ends fatally. It usually occurs early, from the second to the fourth month of pregnancy. The patient must be confined to bed in a quiet darkened room; the bowels must be kept open and a suitable diet given: milk, broth, eggs. If patient cannot retain food, she must be fed by rectum. Sexual intercourse is forbidden.

Opium is one of the best remedies; it benumbs the vomiting center. It may be given by rectum.

Iodine—5 min. of the tincture, in ½ oz. of sweetened water, repeated in half hour, had a magical effect in a very bad case.

Atropine has often been successful.

℞ Atropinae Sulphatis.....gr. i
Morphinae sulphatis.....gr. i v
Acid sulphurici aromat.....ʒ i i i
Aquae.....ʒ v

M. Sig.: Ten to twenty drops thrice daily.

Phenol is administered pure, drop doses in mucilage thrice daily. Hydrocyanic acid has often been helpful.

Cocaine may produce good results.

The following formula is endorsed by Potter:

℞ Cocainae hydrochlor.....gr. xv
Phenolis.....M. x
Aq. Cinnamoni.....ʒ SS
Syr. Zingiberis.....q. s. ad ʒ i

M. Sig.: Ten drops gradually increased to twenty, in a little water every hour until relieved, then every two or three hours.

Van Valzah recommends the following prescription:

℞ Bismuth subnitr. .....gr. cxx
Cerii oalatis .....gr. xl
Morhinae Sulphatis .....gr. iss
Syrupi Acaciae .....q. s. ad ʒ ii

M. ft. emulsum. Sig. A teaspoonful every hour until vomiting ceases.

Organotherapy is coming more and more to the front.

In several cases of vomiting in pregnancy prompt results were secured from cachets containing 5 grains (0.3 grammes) of extract of adrenals given two or three times a day. (Sergent and Lian).

A young woman in the third month of her pregnancy was so exhausted from vomiting that abortion was decided upon. Adrenalin, however, was first tried—10 drops of a 1 in 1000 solution being given twice daily. The effect of the treatment

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was so rapid that in about a fortnight the dose was reduced to a half. In another ten days the vomiting was entirely controlled, and remained so until term. (Rebaudi.)

VAGINISMUS

The term vaginismus denotes painful spasmodic contractions of the muscles of the vagina and vulva. This condition, occurring during coitus, may result from a rigid hymen, a small vaginal orifice, an ulcer, a fissure, or an inflammation around the vulva.

A rigid hymen should be incised or removed with scissors and a glass plug inserted till the parts are healed. A small vaginal orifice may be dilated.

If inflammatory conditions are present, a tampon soaked in boroglycerin should be applied to the vagina. An idoform suppository is useful in redness and excoriation. Belladonna extract—1 part with 8 parts of fresh lard—will allay pain.

Speedy relief has been obtained by cocaine, in ointment with morphine and conium, smeared over the painful spot with the finger.

In so-called mental vaginismus the painful vaginal contractions, occurring when the sexual act is attempted, are due to extreme aversion to coitus on the side of the woman.

In many instances where this repugnance is felt only towards **certain** males, the condition is perfectly justifiable. For it is quite natural that a woman may not take delight in the embraces of some diseased brute whom for one reason or another she was forced to marry.

But if the condition is **absolute,** i. e., if the aversion is felt towards **all** individuals of the opposite sex, then the underlying cause is sexual frigidity, which is untractable. A female, who from some anatomical deformity is sexually unfit, may be just as good or even a better woman than many a multipara, but a frigida represents the worst type of degeneracy. Her defects lies in the will, her deformity in the mind. Her soul is warped.

VAGINITIS

Inflammation of the vagina is characterized by a purulent discharge, a sense of fulness in the pelvis and pain which is increased by walking and by movements of any kind. Put the patient to bed, administer a mild purgative and apply vaginal douches. The douches may consist of a gallon of hot boric acid solution (1 dram to 1 pint) and should be given every two or three hours. After the acute symptoms have subsided douches of permanganate of potassium 1:4000 should be given every three hours.

Ichthyol, in ten per cent. aqueous or glycerin solutions, has been found very serviceable. Zinc stearate mixed with thymol iodide, locally, has been used with satisfaction.

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The fluid extract of hydrastis, locally, is another good r
edy. Airol, in suppository, is said to be antiseptic and se
ive.

Plain cacao butter in the form of suppositories is use

℞ Olei Theobromatis.....3 i i i

M. ft. suppositoria no vi. Signa: Insert one night
morning after hot douche. For chronic cases the follow
astringent douche is recommended:

Zinc sulphate ½ dram and powdered alum 1 dram, ad
to a quart of water.

The cleansing of the vaginal walls and painting over
nitrate of silver solution—1 dram to an ounce—and the in
tion of boroglycerid tampons is good treatment.

The employment of gonococcic vaccine has produced
liant results in vulvo-vaginitis of children.

A dose of from 5,000,000 to 10,000,000 may be given e
five to seven days.

Whatever measures you employ, do not discontinue
treatment before all evidence of the discharge has disappea

VARICOSE VEINS

Varicose veins are unequally dilated and the coats l
undergone degeneration. The condition involves comm
the veins of the lower limbs, sometimes those of the rec
and testicle.

The symptoms consist in fatigue or cramps after long st
ing, in swelling, numbness and pain. A bandage or ela
stocking should be worn, but tight garters must be discar

Rest is to be enjoined, the bowels kept open, prolo
standing and excessive walking avoided. Massage is us
Alcohol friction is beneficial. Cold sponging and rubbing
wards is palliative, but cold baths should not be taken.

The following prescription has been recommended:

℞ Strychninae Nitratis.....gr. i
Barii Chloridi.....gr. v i
Gland suprarenal. sic.....3 i i

M. Pone in capsules No. xxiv. Signa: One capsule t
times a day. In varicose veins of the leg.

OPEN SAFETY PIN IN AN INFANT'S STOMACH A DUODENUM

Dr. C. Winfield Perkins (J. A. M. A.) reports the fol
ing case: A mother had noted that her child, aged 14 mon
was swallowing with difficulty. Altho these symptoms te
inated in a short time, the mother, becoming suspicious,
amined the child's clothing, and where there had been
safety pins, only one was in evidence. A physician was
sulted, and a careful watch for the symptoms with a c
examination of the stools was made, without any results.
child seemed perfectly well, showing no discomfort whate

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A week passed and the child was referred to a physician for x-ray examination, with the result that an open safety pin was found lodged in the pyloric region. A second roentgenogram, a week later, showed the pin located in the same position, associated with a distended stomach and the beginning of some gastric distress, for the patient was now continually sleeping on the abdomen. Operation was now decided on and the safety pin removed. The bar of the safety catch had passed the pylorus into the duodenum, while the sharp end of the pin was embedded in the gastric mucous membrane of the pyloric region, thereby assuming the anatomic angle between the pyrolus and the first portion of the duodenum. The child recovered without incident.

THE IMPORTANCE OF COMMON SALT

Dr. J. S. Sutcliff ("Jour. Kansas Med. Soc.") reminds us that sodium chloride is one of the most necessary mineral ingredients of the human body; it maintains the normal osmotic states, aids in removing toxic materials, and promotes the functions of the individual cells. As the human body eliminates about sixteen grams (half an ounce) of this salt every twenty-four hours, the diet must contain enough to replace this loss. If the supply of salt becomes insufficient, all the functions are disturbed. Salt, given in the form of capsules, induces thirst, increases peristalsis and diuresis, and thus supports elimination and aids the vital processes. It is used for subcutaneous or rectal injections in many infections, septic, and febrile conditions where it is of more value than any other form of medication.

POZZI'S SYNDROME

When a woman presents Pozzi's syndrome, i.e., leucorrhea and backache without any enlargement of the uterus, there is but one condition to think of: Endometritis. What an enormous number of women present these symptoms—it is simply appalling!

INSOMNIA

Of sleeping-draughts, probably one of the least harmful, where effectual, is the old fashioned "nightcap" in the form of hot grog. The hot liquid draws blood to the abdomen from the brain, and the effect of the alcohol is to dull sensation, to dilate the little blood-vessels of the skin, and to stupefy, to some extent, the higher nerve-centers. It makes mental concentration on any subject more difficult, and mental concentration on one topic is a common source of insomnia. Concentration on one topic seems in some way to favor flow of blood to the head; and tho it may be doubted whether will-power can ever actually abolish thought, it is certainly sometimes possible to make or let the thoughts wander, and alcohol facilitates this.—Ronald Campbell Macfie: "The Art of Keeping Well."

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MISCELLANY

MEMENTO!

On parent knees, a naked newborn child,
Weeping thou goest while all around thee smiled
So live that sinking to thy last long sleep,
Calm mayst thou smile while around thee weep
—Sir William Jones, from the "Pers

Dear Doctor Robinson:—I read your book "Sex I edge for Men and Boys" and in my opinion it is one most excellent books on the subject, and I think it co of service to physicians as well as laymen.—Ellis C M. D., Plainfield, N. J.

THE PHYSICIAN

When you are ill the physician will be to you a when you have recovered from your illness you will fi a friend; and when your health is fully re-established act as your protector.—Indian Proverb.

I am a subscriber to "The Critic and Guide" an been so since the very first number appeared and I cons the most valuable journal published in the English lan E. Garcia Lascot, M. D., Arroyo, Porto Rico.

I do not know when my subscription expires but an ing for four years that you may feel how I appreciat journal. I do not mean by this that I agree with all th publish, but delight in the boldness with which you stand and the manner in which you defend it. I am not in accord with your last issue (April) but I cannot to miss its valuable teachings. Fraternally yours, H. W M. D., Sunbury, Pa.

On the occasion of a visit to Abdera, in the northe of Thrace, Hippocrates was requested to examine in mental condition of the philosopher Democritus, wh thought by his narrow-minded countrymen to be insane. pocrates found him deeply engrossed in the study of philosophy and asked him what he was doing. Dem replied that he was investigating the foolishness o Whereupon Hippocrates reported that he considered critus the wisest of men.—Pagel, "Geschichte der Me

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CIVILIZATION IS ESSENTIALLY A SLAVERY

Civilization is, when analyzed, found to be a system of slavery. It has its beginnings in struggle and conquest, which fill a land with a population of conquerors and conquered—masters and slaves. Very quickly the system has the population in its grip. . . . A Londoner of today is not the slave of an individual master who feeds him according to his caprice, makes him wear a livery, including a metal collar bearing his name and address, extorts work from him with the lash, and has a pecuniary interest in his well-being; but he is every bit as much a slaves to the civilization that has grown up in England. If he decides one day that civilization weighs hard on him and that he will rebel and revert to nature, he is soon made to realize his real position. He may not throw away his clothes and wander out into the country to sleep on the ground under the sky, feeding on roots, berries, and such birds and animals as he can catch. If he gives as his reason for wanting to do so that he has not the wherewithal to pay for clothing, food and lodging, he is told to work and obtain it. If he refuses to do this, civilization deals with him by means of prison or asylum: a masterless man cannot be tolerated by a system of slavery. . . . The need of money is civilization's whip.—H. G. F. Spurrell.

WISDOM FROM SHOPENHAUER

Modesty. The paltry character of most men compels the few who have any merit or genius to behave as tho they did not know their own value, and consequently did not know other people's want of value; for it is only this condition that the mob acquiesces in tolerating merit. A virtue has been made out of this necessity, and is called modesty. It is a piece of hypocrisy, to be excused only because other people are so paltry that they must be treated with indulgence.

Napoleon. Napoleon was not really worse than many, not to say most, men. He was possessed of the very ordinary egoism that seeks its welfare at the expense of others. What distinguished him was merely the greater power he had of satisfying his will, and greater intelligence, reason and courage; added to which, chance gave him a favorable scope for his operations. By means of all this he did for his egoism what thousand other men would like to do for theirs, but cannot. Every feeble lad who by little acts of villaining gains a small advantage for himself by putting others to some disadvantage, altho it may be equally small, is just as bad as Napoleon.

Life. Life is the proofsheet in which the composer's errors are brought to light.

Innocence. Innocence is in its very nature stupid. . . . A golden age of innocence, a fool's paradise is a notion that is

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stupid and unmeaning, and for that very reason in no worthy of any respect. The first murderer and criminal and together.

Character and Conduct. Character is innate, and co merely its manifestation; the occasion for great mis comes seldom; strong countermotives keep us back; ou position is revealed to ourselves by our desires, thoughts tions, while it remains unknown to others.

Stupid People. Stupid people are generally malicio the very same reason that the ugly and deformed are.

Of all the medical journals that I take yours is th that my wife reads from cover to cover. Long life t is my sincere prayer.—P. W. Pearsall, M. D., Cedar Sp Mich.

Enclosed find renewal to "The Critic and Guide," a that is indispensable to me on current medical events. ing you the best of success and more power to you in s the backsliders, I am, Yours very truly, G. E. Kimber, Amanda, Ohio.

I agree with "The Critic and Guide" in everything lished in regard to birth-control, and certainly cannot se anyone informed on this subject could do otherwise.— Burnett, M. D., Crum Creek, Okla.

"The Critic and Guide" is O. K., and one of its class. Nothing like it.—F. C. Grover, M. D., Ramstead West Duluth, Minn.

You are doing great work in a noble cause. W you success, I am, Yours truly, R. F. Reeds, D. V. S., Dell, Ill.

Dear Dr. Robinson:—Keep up your excellent work. mind the knocks, for every knock's a boost and they knock a dead one. Fraternally yours, H. P. Prowitt, Washington, Penn.

As an humble admirer of Dr. Robinson's I wish to word of congratulation to him for the extreme excelle his work in his recent publications. Trusting that the work will go on, Alexander Bennett, Panama, Ill.

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CRITIC AND GUIDE

INCORPORATING

The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner

WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

1 Year, $2.00 Single Copy, 25c.

The Editor of this Journal writes his own editorials. He says what he wants to say in the way he wants to say it without reference as to what Mrs. Grundy will say or think.

The Editor is responsible for his own opinions only. He always tells the Truth or what he considers to be the Truth, but as he lays no claims to infallibility, he will be grateful to his readers if they will take the trouble to point out his errors.

It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, SEPTEMBER, 1920 No. 9

EDITORIALS AND EDITORIALETTES

A PHYSICIAN IN NEED IS NEEDED INDEED

No, you don't believe in medicine. You are sceptical about physicians. You have always been in good health and have never been in need of the services of a medical man. You are therefore apt to look at the medical profession with somewhat of contempt. "A useless profession that lives off the ignorance and the mistakes of mankind."

But you are travelling abroad, you, your wife and your little child, your only little boy, three years old. You stop at a little mountain inn, miles and miles away from any town. Suddenly, in the night, your darling baby gets desperately ill; at least it seems to you that he is desperately ill. He is burning up with fever; he does not recognize you or his mother; he groans and talks in his delirium. You are getting frantic. You do not know what to do. In the conceit of your good health, you never paid attention to the hygiene of childhood or to books treating with what to do in an emergency. Soon the child begins to have convulsions. You lose your head. You think you will go crazy. The wife is as helpless as you are, tho she tries to remain cool. You go and wake the landlord, risking his displeasure, and in your broken German you ask him if a physician can be got; tho you are not rich, you say you will spare no expense. The landlord is sympathetic, but he tells you that it is entirely out of the question. There is no train to the city, and no horses can be gotten until morning. You are in despair, the deepest despair you have ever been, or hope ever to be, in your life. With tears in your eyes and agony in your soul you drag yourself back to your room.

A guest at the same inn, awakened by the conversation between you and the landlord, gets up, dresses, knocks at the

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door of your room, and asks what is the matter. But you tell him, he sees what is the matter. He tells y he is a physician. He is not a children's specialist, but perfectly well what to do in such cases. He takes the temperature, feels his pulse, and gets busy. He has n cines at hand, but by mechanical means he quickly vomiting. He then undresses the child, wraps him in wrung out of cold water, and applies cold compresses head. In less than an hour, the child's pulse and temp are practically normal; he looks at his parents with a s recogni ion and then falls in a sound slumber. In the ing he is practically well—just a little weak. The doct of cours e, refuses any honorarium for his services, ad keep the child quiet, and on a mild diet for a day or and everything will be all right. And so it proves. A consider that doctor your greatest benefactor, and you ion of physicians has undergone a change, and you no sneer at medicine, and you promise yourself as soon return home, to read up, if not on the care of the adul at least on the care of little children. And as long live you will not forget the service rendered you by th physician whom you consider, and always will consider Godsend.

PROHIBITION AND VENEREAL DISEASE

I am not going to discuss here tre possible good results of prohibitino. But it is a great pity that we possess—no country does—reliable statistical data venereal morbidity. It would be extremely interesti important to know to what extent the amount of v disease, the number of fresh infections, has been reduc a year or two of practical prohibition. That under pro venereal disease will be greatly reduced—about this th hardly be any question. From times most ancient has been recognized as the most powerful, the most c ally of Venus. Without Bacchus Venus sleeps, says th proverb.

Not only does alcohol stimulate the sexual passio only does alcohol weaken the will power, not only does make men—and women—do things which they would in a sober state, but, an intoxicated or even slightly ized person is more susceptible to venereal infection, larly to gonorrhea, than is a sober person. This is a po is not sufficiently emphasized. It means that in coit an infected woman the chances for escaping infect greater in a sober than in an intoxicated person. And out of cosideration entirely the greater care that a sob son will take, the venereal prophylactic that he will u coitum. I am speaking exclusively of the varying s bility. And that susceptibility is greater in a person u

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influence of alcohol because the congestion of the organ is so greatly increased: to the natural libidinous congestion is added the congestion produced by the acohol. And an extremely congested urethra forms a very favorable soil for the development of the gonococci.

There is an irreducible minimum of libido in every normal individual. But that minimum can be enormously stimulated and increased by artificial means. And among the artificial means that unnecessarily and injuriously stimulate and irritate the libido sexualis, alcohol plays the first role. The abolition of alcoholic beverages must therefore have a beneficial offect in keeping the human libido, more or less, within its normal bounds. And keeping the libido within normal bounds must necessarily have as one of its effects the diminution of one of humanity's great plagues—venereal disease.

* * *

I know there are some people who believe quite the contrary: that prohibition will increase sexual indulgence and, consequently, venereal disease. They say that people must have an outlet: if they can have no outlet in alcohol they will have their outlet in sex (or in other narcotics, such as morphine or cocaine). Those people are entitled to their opinion. The Editor is entitled to his. Time will show who was right.

* * *

Another question: Will prohibition increase or diminish the quantity of the nation's mental output? Will its quality be improved or will it deteriorate? Time alone will tell. They say Swinburne's work deteriorated markedly after he ceased to drink. They also say that the Russian revolution would long ago have been crushed if vodka had not been abolished. So there you are.

THE CUSTOM OF ADOPTING CHILDREN

The statement is not infrequently heard nowadays that to bring children into the world at the present time is a moral crime. And this statement is made not only by radicals and liberals but by conservatives as well. There is too much suffering in the world, they say, and we have no right to add to the amount of suffering by adding to the number of sentient creatures. This is a question with two sides to it and will, for a long time to come, form an interesting and important topic of discussion. But about one thing there can be no discussion: the children that are here already cannot be killed off; they must be taken care of. We may be birth-controllers, but we are too far away from infanticide ever to return to it. Yes, the children that are here must be taken care of. So what better deed can a man and woman do, who are able to bring up a child properly but who do not wish to bring another creature into this vale of tears,than to adopt a little waif anl give him all the advantages that their posi-

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tion affords? The custom of adopting children, which happy to say, is becoming rather common, is one. There is everything in its favor, and noth be said against it. Adopting children is an act o altruism, and we advise all those who are able to b children but are unable, or for one reason or other un to bring them into the world, to adopt the custom of a children.

BLOOD PRESSURE IN NEPHRITIS

In nephritis we seem to pay too much attention t blood pressure. Isn't it true that there are many nephritis with low blood pressure? And what mo it true that on the whole the prognosis is more grave of nephritis having a low systolic blood pressure? W still very, very much to learn with reference to nephri some of our notions about the disease will have to un complete change. As to the metabolic changes associat the disease we know next to nothing; the same can regarding its true etiology.

EMOTIONAL DISTURBANCES AND ORGA DISEASE

There is no longer any doubt that strong emotio turbances, particularly if long continued or freque peated, may result in organic changes, i.e., in definite disease. A strong emotional strain produces a dist of the sympathetic system with a perversion—hyper function—of the internal secretions. We then have fu disorders; and it is now denied by but few physicians t continued functional disorders may result in organic The last six years, the most catastrophic in the histor human race, have been responsible for millions of functional and a great number of cases of organic dise to mention moral disease), for which future generati have to pay.

SOAP AND TOOTHBURSHES

Civilization is almost unthinkable without soap an brushes. And yet I think sometimes that some peo them more frequently than they should. Of course ma ple use both too little and too seldom, but the non-u thing by some does not justify its excessive use by Too much bathing and too much soaping may injure and too much toothbrushing may injure the teeth an does injure the gums, not to mention the injury th result from the occasional unavoidable getting of a bri

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the throat, lungs, esophagus and stomach. I know a man who always sings the praises of a "natural" life. In our mode of living, he says, we should take examples from the lives of primitive nations and of animals. Savage nations do not use toothbrushes nor do dogs use any (and both have excellent teeth, by the way). But our friend uses the toothbrush vigorously at least three or four times a day, and has poor teeth, and suffers from toothache occasionally besides. I do not say that if he used the toothbrush less often—once a day, say—his teeth would be better, but it is possible that such would be the case. I do not wish to become the founder of a new, soapless and toothbrushless, sect or movement, but I do plead for moderation. I am for moderation in everything. And what I say about soap and the toothbrush also applies to that comparatively new fetish, talcum powder. I am sure that entirely too much of this silicate is being used—considerably more in our country than in all the rest of the world combined. For which we have to thank our clever manufacturers and their advertisers. In its place it is a very useful product. But used with the frequency and excess that it is being used by some, it is quite apt to clog up the pores of the skin. Therefore, a sufficiency, but not too much.

A PECULIAR CASE OF BIGAMY

The war certainly has had a pernicious effect on the state of European morals in general, and sex morality has not escaped unscathed. Peculiar cases are recorded in almost every daily paper. The following brief report of a case of bigamy, in which the woman first married the son and then the father, is taken from the London Daily Mail (July 16):

Sentence of six months' imprisonment was passed at Birmingham Assizes yesterday on Margaret Alice Berry for bigamously marrying William Berry. William Berry, who was charged with aiding and abetting her, received a like sentence.

Mr. Justice Lush said the man and woman behaved in a way calculated to shock any decent-minded person. The story for the prosecution was that William Berry's son married the woman in 1914, and while he was away serving with the army she was married to his father.

In reading court cases in the European papers one cannot fail to be struck by the mildness of the sentences as compared with sentences for similar offences inflicted by our American courts. We do not claim to know the reason for the harshness of our courts, but the fact seems to us undeniable.

THE COLLEGES AND THE STUDENTS

The reports tell us that never did the colleges have so many matriculants as they have this fall. They are full to overflowing. In some colleges candidates had to be turned

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away. And this in spite of a substantial increase in fees and of a considerable raise, in some colleges, in trance requirements. One ought to rejoice over th stantly growing number of students. But one doesn least the writer doesn't. For he knows only too w the vast, vast multitude of our students are not drive colleges by an intense love of Truth, by a yearning for knowledge, for culture, for social vision; no, the the colleges to get a profession, a trade; some need the to be able to make a living, some want it as a steppin for a career. But they do not leave the college eithe or wiser men than they were when they entered it. our colleges teach an immense number of subjects, an some of them very well, two very important ones the touch upon: they never teach students **to think,** to to know the why and wherefore of things, and the attempt to develop in them a broad, **social vision.** On t trary, if a student happens to have such a vision, an is made to obscure it. . . And this is the sadde many of our graduates use the knowledge they had a in college in anti-social activities. . . Humanity worse off than if they had never attended college at al thus it is, that the heart of the writer refuses to rejoi the fact that our colleges are full to overflowing an anxious candidates have to be turned away.

THE CURIOUS ORIGIN OF THE NAME STO

Stovaine is a well-known local anesthetic brou originally by the French firm Poulenc Freres. But th of the name is not known to many. As a rule the n every new chemical has something to do with its comp its initials, its inventor, etc. The name of the disco Stovaine is Fourneau. But no striking or euphonio could be formed from the name. Now **Fourneau** in means **stove**; so the English translation of the word wa and from the word **stove, Stovaine** was formed.

TIRED OF CRITICIZING

Suppose a man has become tired of constantly cri things, and has made up his mind to stop; and he himself, says he, from now on I will only praise thing he looks about himself eagerly for things to praise; help him find things to praise he gets a number of new and periodicals in different languages and marks certa sages as he goes along; and then as he analyses those p he finds nothing but instances of narrowmindedness, ance, bigotry, intolerance, crass selfishness, racial a isms, lying, cunning, hypocrisy, lust of conquest, brutality, wanton cruelty, murder, death, death by bu death by starvation, and suffering, suffering, sufferin

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out end. These are the things he finds. What is he to do? Of course, he cannot praise them. He can do one of two things: he can remain silent, or he can continue as of old to criticize. Which shall he do?

Is there nothing good in this world? Are there no good people? Yes, there are some good things, some noble deeds, but they are far and few between—decidedly so since 1914. As to good people, there are quite a few good men and women, bless them. Life would not be worth while without them. But those good men and women exert little or no influence. **They do not run things.** Things are run by the selfish, the ignorant and the cruel. Hence one writer at least finds nothing in the world of today to praise and to become enthusiastic about. He must remain silent or go on—criticizing.

A MONUMENT TO JOHN STUART MILL

John Stuart Mill may surely be counted one of the greatest men and noblest characters England has produced. We learn from The Malthusian that a bust is to be erected to him in Avignon, France, where he lived for several years and where he died. We agree with the Editor that the most appropriate inscription on the monument would be his famous sentence: "Little advance can be expected in morality until the production of large families is looked upon in the same light as drunkenness or any other physical excess." But we can assure The Malthusian that this quotation will not be chiseled on a monument erected in France under the present regime; this regime, considered by many good Frenchmen the most reactionary in the world, is now straining its every sinew to discourage birth control propaganla and to encourage the breeding of the largest number of children the human female is capable of.

NEW MEDICINAL PREPARATIONS GALORE

I was under the impression that the war has stopped or markedly interfered with the production of new medicinal proprietary preparations in Germany. This does not seem to be the case. In the reading and advertising pages of one issue of the **Therapie der Gegenwart** I find the following new preparations, most of them war babies:

Alival, nirvanol, hormin, digipan, fulmargin, arsoferrin-tektolettes, carbobulusal, buccosperin, uro-lenicet, fonabisit, testogan, thelygan, combustin, praevalidin, ossiostos, helon, biocitin, terpichin, laudanon, viscitin, dentino, dumex, thymipin, neutralon, polyfango, valamin, hubasan, thyangol, hirnovalin, sanarthrit, boluphen, cesol, toramin, optochin, eucupin, vuzin, candiolin, combelen, zittmannin, styptural, adjuvan, migrol, quiesan, ophthalmin, scabolen, haemarsin, margoglycose, vermolin, disotrin, purostrophan, phosphobion, urocol,

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mekonal, calciril, mutaflor, trypaflavin, peptozon, pho aolan, calmonal, dijodil, unguentum, Obermeyer, ve partigene, pellidol, neo-hermonal, amalah, kalzan, l chlorasan.

Quite enough for one issue. Evidently the chemi maceutico-biological mills have not been entirely idle many during the war. As to the value of those prepa nine or perhaps ten of them may be considered of re and of these five or six may be regarded as real pe additions to our materia medica; as to the rest—th could very well get along without them. Most of t imitations or slight modifications of already existing tions.

THE FIRST LOVE LETTER EVER WRIT

Or at least the oldest discovered. This is a lette about 4200 years ago by a Babylonian, Gimil Matdu beloved Kasbuyah, (which translated into our languag Little Lamb). As they did not have any stationer at that time, the young lover had to use a brick on inscribe his ardent sentiments. But evidently the of love was always the same, for Gimil Matduk's let as follows:

"May the sun of Marduk grant you life eternal. to know if thou art in good health. Oh, send me a m to let me know how thou art. I am in Babylon an see thee, and am therefore anxious. Send me a mes tell me when thou wilt come, so that I may rejoice thou live long for the love of me."

This brick was found several years ago in the old Babylon, and is, up to the present time, the old men of a love letter.

AN ESTHONIAN PHYSIOLOGIST AND FREE FRANCE

Distance lends charm and one is inclined to fal error of believing that no country is so bad as o This is particularly a radical failing. To the Italia his country is the worst of all, to the Frenchman the most reactionary of all countries, to the Spania is hopeless, while to our own radical the United at the present time the acme of all that is evil an Far be it from me to attenpt to draw compariso must say that certain things that took place in Fra I was there left me stupefied. Just one little and striking example. Last Tuesday (July 13) the Int Congress of Physiology was opened in Paris, at the under the presidency of Prof. Charles Richet. Prof. Lipschütz, of the University of Dorpat, Esthonia, w

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as a delegate to the Congress by Prof. Glay, the celebrated French physiologist. Prof. Lipschütz gladly accepted the invitation, both because he is deeply interested in physiology and because he is a great lover of France. In fact during the war he was a "rabid francophile." And so the Esthonian savant, sailed from Dorpat for England, whence he embarked for Havre. In London at the request of the Esthonian ambassador (which shows that Prof. Lipschütz was a persona grata in his own country), the French consul readily visaed his and his wife's passport. What was his stupefaction when on reaching Havre he was told that he could not touch the sacred soil of free France! He could obtain no satisfactory explanation, and there was nothing left for him to do but to take the boat back to England.

I doubt if even our own dearly beloved Palmer and his minions could ever be guilty of a greater act of bureaucratic stupidity and yet—quien sabe?

And by the way, again, why is it that the homes of the free and the lands of the brave do things that are not at all brave and forbid the doing of many things that should be free? Why? And the echo answers: Why?

THE DANGER OF SOME "PURELY VEGETABLE" LAXATIVES

The words "purely vegetable" are still used to fool the ignorant public, which somehow was made to believe that vegetable is synonymous with harmless. As if some of the most violent poisons were not of purely vegetable origin. It is sufficient to mention acontine, atropine, strychnine, morphine, picrotoxin, scopolamine, etc., all purely vegetable products. Phenolphthalein has been recommended as a harmless laxative because "purely vegetable." A lot of damage has been done with this product, for it is extremely irritating to the kidneys. Children in particular should be guarded against its use. Prof. Paul Rosenstein, of Berlin, reports (Münch. Med. Woch. 1920, No. 9) the case of a lady who considering herself too stout, decided to reduce herself by the means of a nostrum called Boxberger's Kissingen Pills. The pills contain phenolphalein tho on the label it is stated only that they contain rhubarb and cascara sagrada extract. The lady took the pills for several weeks and did succeed in reducing herself, but at the expense of her general health. She felt extremely wretched, could not stop the diarrhea, which was caused by the pills, and an examination disclosed a severe hemorrhagic nephritis. The urine contained one pro mille albumen and numerous granular and wax cylinders. After a week's stay in bed her condition became normal.

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A GOOD VERONAL COMBINATION

In small doses veronal often fails to work. To or less certain of its hypnotic effect comparatively la —8, 10 and 12 grains—have to be given. And such not free from disagreeable after-effects. But if we it with some other drug or drugs, it exerts its effect doses and without by-effects. In Europe the follow binations is meeting with great favor: Veronal, 4 grai phenacetin, 5 grains (0.3) and codeine phosphate, (0.01). It is claimed that this combination acts pron pleasantly and without any undesirable by-effects. bination is now on the market in tablet form. I suggestion to our American manufacturers.

ABOTTIVE CURE OF SYPHILIS

Dr. Fritz Lesser asserts that cases of very rec ilitic infection can be cured permanently with 3 inj neosalvarsan (dose iv) given without 8 days; (int tween first and second injection 2 lays, between se third 3 days). No mercury is necessary; the blo several times during a period of two years gave a c negative Wassermann. (D. M. W. July 18, 1918).

A THREE-HOUR CURE OF SCABIES

Nothing more efficient than sulphur-ointment been discovered or invented for the cure of scabies method of application is important. Dr. Oppenheim K. W.) describes the following rapid method: Th entirely naked, is given a thoro dry rubbing for a 15 minutes (little children over 1 year old for 5 to 10 with soft soap and wood wool, particularly so in th regions of scabies; the greater part of the rubbing th can perform himself. He is then put in a bath, of a ture of 85-86° F. where he is again rubbed for a half an hour with soft soap (children 10 to 20 minu leaving the bath thoro drying and the rubbing in o lowing ointment:

Sublimed sulphur 10.0, potassium carbonate 5.0 60.0. In this salve the patient remains during tw wrapped in a sheet and blanket. Then again a ful which the salve is removed by the aid of soap; the and application of the following ointment: Zinc o talcum 15.0 and petrolatum 30.0. This ointment is order to cure and prevent any eczematous irritati is apt to result from the vigorous treatment.

During the treatment, which takes, as is seen, th the linen, as well as the clothes desirable is ste hot air. This rapid and effective treatment is contra only in cases of severe eczema and extensive impetig

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THE MOTHER NEUROSIS

In the Society of Physicians of Vienna (formerly the Imperial-Royal Society, now just plain Society; times change) Dr. Moll read a paper on The Maternity Neurosis. He claimed that mother love did not exist in advance, when the child was born; it developed gradually. Only during the suckling of the child did the feeling-complex form which we designate as mother-love. In his opinion this mother-love complex did not develop in women who had to give up their child immediately after birth. In many mothers the author noticed psychic phenomena which led him to diagnose a peculiar "maternity-neurosis." The mothers are peculiarly anxious, do not trust the physician, out of anxiety for the children they give deliberately untruthful information about their weight, temperature, etc.; finally, the children also become nervous, show apparently a neuropathic diathesis, which disappears when they are separated from their mothers. The chief characteristic of the mother-neurosis is that the mother's interest is concentrated exclusively on the child; everything else is forgotten, the husband is a matter of perfect indifference. Not every woman who loves her chill is pathological [really? Ed.]; but when her equilibrium is so disturbed that all counsel falls on barren ground, then we have to deal with a neurosis, an anxiety neurosis.

The author also claimed that during preganacy mothers often felt hostile feelings toward the child, perhaps for fear of losing their beauty, their comfort or the love of their husband. In the degree that these feelings were hostile during preganacy they become overcompensated after the child is born; a hypertrophic anxiety makes its appearance. The highest peak of irritability passes over in two or three months. Such mothers are to be regarded as sick and should be treated with consideration. Altogether, in the future physicians must pay more attention to the psychology of the mother and the child than they have in the past.

SHOULD CHILDREN HAVE EVERYTHING .. THEY WANT?

The brutal discipline under which cridren were brought up for centuries has brought about a reaction to the other extreme. Formerly children counted for nothing in the scheme of things. It was universally agreed that children had no rights which adults were bound to respect. Just because a child wanted something very badly it was considered proper to refuse it to him: that was in order to teach it self-control, self-denial. And it was considered wicked to permit a child to have an outlet for his emotions and his animal spirits. In short, it was: spare the rod and spoil the child.

Now we have a good many people who go to the other extreme. We must not in any way interfere with the child's

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development. We must not cramp him, we must not su
him with "don'ts." We must let him have his way in
thing; otherwise we crush his spirit. We bring up ob
machines, instead of brave, independent, freethinking,
beings.

The "absolute liberty" method may be responsible
deplorable, as deformed specimens of humanity as
method of iron discipline and restraint. The latter pr
frightened sheep or cringing hypocritical cowards; the
is often responsible for selfish brutal pigs. And it is r
able that the brave, independent, courageous child do
always grow up into a brave, independent man. It
admitted that our American children are the most ind
ent, the most brazen, the most impudent of any; and-

But this isn't really what I started out to write. I
out to tell you a joke. I will entitle it:

The Bachelor Uncle And His Little Nephew.

Uncle William was a professor, well known an
thought of in his line of work, which was not pedago
pediatrics. He was a bachelor and as is usually the c
thought he knew better how to bring up children than
who are parents. He used to argue with his sister a
husband that they interfered too much with little
three years old, and named after him. Children shoul
everything they want. We don't let them have thing
because we are bigger and stronger than they, argu

One evening, little Willie's parents went to theat
asked Uncle William to take care of little Willie.
Willie asked for everything under the sun—he knew
William very well—and Uncle William gave it to hi
finally spied an old clock high up on the wall and de
that. Uncle William had to climb on a table and take
the clock, which little Willie promptly demolished. H
demanded the hook on which the clock had hung.
Uncle William had to climb on a table, and after great
he succeeded in pulling out the hook. No sooner di
Willie get the hook than he began to demand the hole
the hook had left in the wall. And he proceeded to
his demands with yells and cries. Then Uncle W
thought it was time to ring for the nurse maid.

ENGLISH VERSUS AMERICAN BIRTH CONT
ADVOCATES

We call our readers' attention to Dr. Drysdale's
Neo-Malthusianism and Democracy and the Editor'
mens on it, because the two give a clear idea of the e
difference between the viewpoints of the English Malt
and the American birth control advocates on the sub
family limitation by prevenception.

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The difference will be found to be considerable, perhaps fundamental and irreconcilable; but it will be found to lie chiefly in the field of abstract considerations; *practically* the two can work and I trust will work together as if they were in perfect agreement on all points.

WHILE WAITING FOR A TRAIN IN SWITZERLAND

Two hours and twenty minutes before the next train leaves. How annoying. No, I have not missed my train. I never have yet. Not in Europe. But they make now such frequent changes in their schedules, that the information contained in my railroad guide proved wrong. The train left twenty minutes earlier. Well, we must make the best of it. The waiting room is not luxurious, but it has a table, so we will do some scribbling. What about? Oh, just anything and everything that will come into the head. Too tired to do sustained and serious writing. We will just let the thoughts float and wander, like the fleecy clouds over yonder.

Have you read "Mrs. Warren's Daughter," by Sir Harry Johnston? You should if you haven't. A delightful book. Here and there somewhat farcical but delightful nevertheless. You will enjoy it better if you have read and remember Shaw's "Mrs. Warren's Profession," of which Sir Harry's book is a "continuation."—There is an Eastern proverb to the effect that one should not pray for the death of a bad king because one does not know how much worse his successor may be. I know one man who rejoiced at the election of Deschanel and the overthrow of Clemenceau. Deschanel is as complete a zero as Poincare, and Millerand is not one whit better than Clemenceau. Not perhaps quiet so cunning which is some advantage. Money is the root of all evil. A strikingly original saying, but still as true as ever. All the French fury against the Russian atrocities would evaporate like the morning mist over the mountain when struck by the rays of the sun, if the Russian government agreed to pay the debts contracted by the bloody Czar's regime. What! We loaned the Czar money to help him keep the people in slavery, to make it possible for him to forge heavier chains, to senl Russia's best men and women to the dungeons, to the Siberian mines and to the gallows, and now these people who succeeded in snapping their chains refuse to pay us back our money? No, this can't be. Such a treacherous country cannot be permitted to exist. We will war on her, we will incite everyone of her neighbors to make war on her, until broken, exhausted and exsanguinated she will cry out: Have mercy, we will pay you back all your money with compound interest. Yes, money—the fight for money and the lack of money—is the root of many evils; and if I wanted to write of all the tragedies it is responsible for, among nations and among individuals, I could write not for two but for two thousand hours.

I have received the other day a letter from my friend

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Hardy (Giroud) in Paris, the editor of the Neo-Mal
in which he tells me that he will have to give up h
magazine, because the Chamber of Deputies has just
a law prohibiting all birth-control activity among the
classes—those who need it most. He writes: "La
est devenue le plus reactionnaire des pays du mon
it really so—**le plus reactionnaire**—or does that dis
now belong to our beloved country under the reign of
and Burleson? As I stated somewhere every extreme
is apt to consider his country the worse, as every
chauvinist is sure to declare his country the very best

Chauvinist—what is the origin of that word?
it is derived from **Chauvin**, a character in one of Scrib
edies, a zealous Napoleon fanatic.

And Scribe reminds me of Zangwill. Why, I don
Perhaps because Zangwill reminds me of the typical
scribe. Have you read his: The Mantle of Elijah?
haven't, you should. It is worth while reading.
twenty years ago, during the Boer war, it could just
have been written yesterday. A good fellow Zangw
of the few who kept their heads during the war.

The restaurant adjoins this waiting room, and I
hear a man having a slight argument with the waitre
the amount of the bill. Yes, things have gone up v
in Switzerland. No longer will it be said that it is
to go to Switzerland for the summer than it is to st
Things are dearer now in Switzerland than in Ne
It is true that before the war things were too cheap in
land; but aren't they going to the other extreme a
they likely to kill the goose that used to lay, if not th
the silver eggs? In other words, aren't they apt t
greatly to diminish foreign travel in their little count
depended so much upon foreigners? One thing is s
have killed it for this summer, and principally with
tape about passports, police supervision, etc. They h
away with most of it since July 15, but it came too l
hotel keepers are furious at their bureaucracy which
with their business, but bureaucracy is ever the sam

Here, a man came in in a silk hat and a long bla
Albert. Looks like an undertaker. And I recollec
I read the other day: With a black silk hat, a black
a black heart one can go far in this world. And th
the other end of the room is dressed all in white
hair and mustache are as white as his suit. Reminds
much of Mark Twain. Dear Mark! One of the bes
Lacked only one thing. Courage. For fear of his w
but extremely narrow-minded lady, he left his b
unpublished during her life; for fear of losing the
the public—and his publishers—he left his best t
published during his own life. And the Gorky inci
can't help a feeling of contemptuous pity for the
man (Twain, not Gorky). Let us forgive him, e

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cannot forget. His milieu was too strong for him. But be sure to read his Mysterious Stranger. Good stuff.

Is there a shortage of food in Europe? May be there is, but in the countries we have been in so far, we have not noticed a trace of it. We have been so far in France, Belgium and Switzerland, and in the hotels we stopped there seemed to be an abundance of everything; quantity, quality and variety seem to be unchanged. Things are much dearer, but that is far from always signifying a shortage. It often means just profiteering. I have been here—in Europe—a month and I am sorry to say that I am eating on the average twice as much as at home. At home one is busy, one has many interests and a number of irons in the fire, and eating becomes a secondary consideration. It is often only a nuisance because it interferes with the work. But here, when you have nothing obligatory to do, and when time often hangs heavy on your hands the three daily meals assume the character of an important function. And as the table d'hotes consist of several courses you are bound to eat more than is good for you. The only article that seemed to be precious in France and Belgium was butter; the portions were very small. But in Switzerland even butter seems to be a plenty. Isn't the train due yet? No, still almost an hour. Is it going to thunder? Looks like it. We have had a lot of rain. Rain and thunder are bad for Switzerland. Ruins the hotel business. Have you read The Thunderbolt (published by Seltzer)? Well written book; the style is excellent; the description of the types is done finely; the heroine, Dorrie, is exquisite; but the thing that causes the Thunderbolt—the deliberate inoculation of the lovely Dorrie, with syphilis in the clinic of a German physician—is silly. "It ain't done." The author, who, I imagine, belongs to the female sex, was hoodwinked. But with that reservation, the book is worth reading. The author has talent. No doubt about it. And another small book also published by Thomas Seltzer is also worth glancing thru. It is entitled, The Burning Secret, and deals with the pubertal psychology of a twelve year old boy. And as we are on the subject of books, I may as well discuss a few more that I read recently. Why are the people making so much fuss about Conrad? Several years ago I read his Secret Agent. The book was so stupid, so false, so libelous in reference to the Russian revolutionists, that I felt disgusted and lost the desire ever to read anything again of Conrad's. But the New Republic contained such a praiseful review of his Rescue that I took it along, among others, to read on the steamer. After painfully wading thru a hundred pages I threw it away. And a book must be pretty bad if you don't care to read it on the steamer. On the steamer one reads anything. And why did our radicals make such a fuss over Gilbert Cannan when he was in New York? Just because he claimed to be a radical? That isn't enough. And besides,

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I believe he is a fake radical. His latest novel is rotten. I should not care to shake hands with a man, or reactionary, capable of writing, such a wretched pot full of ill-concealed racial antagonism. Began to read and Her Daughter, by Bertha Pearl. Did not care to it. May be true to life, but the life described there sordid. I am going to Europe in order to forget New so I certainly am not anxious to have the saddest New York—its ghetto—brought right before my eyes. ing of eyes, I certainly ought to give mine a rest. If of eyes ever was entitled to a rest, mine surely is. been using and abusing them since they were three years old. No, there is no mistake here. I mean what And I have used them in all kinds of light. No wonde are getting weak. I fear I shall need glasses soon. glasses for reading and writing are a nuisance. Well, lives long enough, one is bound to get old.

A young couple had just entered and behind the commissionaires with a multitude of boxes of various and sizes. Even one-half blind can have no doubt: newly married couple on their honeymoon. Don't the exultant and happy! I hope they always remain so. wish I could see them twenty years from now. It is a affair that wedlock business. The right combination a people are so happy that they are the envy of the goo wrong combination, and the lives of two people are m no, not of two people, but perhaps of a dozen people; b an unsatisfactory or an unhappy marriage often affec parents of the married people and the children. It is for unhappily married people to bring children into the It is not hereditary transmission that is to be feared so as the effects of the loveless and perhaps quarrelsome en ment. An important step—marriage. If people fully stood its significance, they would not enter into its bo rashly and thoughtlessly. And yet—we know many where the man chose the longest and selected the worst vice versa, many marriages contracted almost on the s the moment turned out very happily. It is primarily a of **temperament**; then come health, moral principles, fi circumstances, culture, and—chance. Oh, yes, chance a great role in the lives of individuals, as it does in th of nations. Chance is an important factor in history our own lives—and this in spite of the very wise one tell us that nothing happens by chance, that all is guid immutable laws; yes—in the physical world; but not lives of men. And the couple continue to look at each as if the world was theirs and they were the only two in it. As I said I should like to see them in July, 1940 the train is here—the man with the megaphone voi just come in and is calling out: Einsteigen! Baden, Olten. . . The time has passed, after all. May co some other time.

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ORIGINAL ARTICLES

INEXCUSABLE BLUNDERS IN DIAGNOSIS AND TREATMENT*

By William J. Robinson, M. D.

That there has been a great improvement in the practice of regular medicine within the last decade, both as concerns diagnosis and treatment, only the very ignorant and the very cynical will deny. But, that there still is room—enormous room—for improvement, even the most optimistic and the most credulous will admit. It is not, however, with the natural limitations of medicine that I wish to deal in this article, it is not on the mistakes and failures due to our present state of knowledge—or, rather, ignorance—that I wish to dwell; no, I want to devote a few paragraphs to a more profitable topic; namely, to mistakes due to carelessness, due to failure to utilize the knowledge that we do possess, and, also, to some deplorable results following too vigorous treatment or too much treatment; or to a failure to recognize the fact that two diseases may co-exist, and that, having made the diagnosis of one disease, we have not done our full duty, because one and the same individual may suffer from two serious illnesses at the same time.

I am the last person in the world to look down with contempt upon the general practitioner. I know perfectly well that none of us is unfallible; I know perfectly well that even the specialist is not immune from mistakes; and even the man who has the title of Professor now and then may make an absurd blunder. I know all that. But in this article, I wish to refer exclusively to mistakes and mistreatment for which, with the utmost charity and with the best of good will, there is no excuse. Nor need it be thought that critical articles pointing out mistakes are of little or no value. Quite the contrary. The report of a mistake in diagnosis or of wrong treatment is, or should be, of the greatest benefit to the physician, for, it puts him on his guard, makes him alert, and, often saves him from making the same mistakes in his own practice.

Crushing of tre Vesicles

Case 1. He was 51 years old. Single. Like so many business men, he delayed living and getting married until he was sure that he could support a family in ease and comfort. He had reached that position when he was fifty. His hair got grey in the meantime but that did'nt matter. He took good care of himself and was well preserved. He began to look

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around for a mate and, strange to say, or perhaps not strange, he found a young lady of about twenty-sevon wl thought would be a very suitable mate for him. But befc knew it, he was violently in love with the young lady, ir to the extent that he felt that he could not live without l that. if he could, it would not be worth while. The young evidently was not violently in love with him, though she him enough to be glad to marry him. And, from what I u stand, there were no mercenary motives behind willingness to marry Mr. A. They became eng and the courtship days were as he said, the happiest in his life. He could afford to give her and to have a time. Before the wedding day was definitely settled the man decided to undergo a thorough examination a hands of a gentiourinary specialist. Not that there was thing the matter with him, but, at the age of twenty h had a mild attack of some sort of urethritis and, while it gave him the least trouble and his urine was perfectly he thought it would be best to be sure. The principal r for his examination, however, was that he wanted to whether he was virile enough to have vigorous children have children at all. That he was potent, he knew. How he also knew enough to know that a man may be poten sterile at the same time. He went to a man who was r mended to him as a gentiourinary specialist. The d gave him a very vigorous and evidently, to judge by th sults, a too vigorous prostatic and vesicular massage. patient, though robust and not at all hypersensitive, r fainted. He remembers that he felt "gone" for a few se and was all covered with a cold perspiration. The ex sate was tinged with blood. The doctor told him that it amount to anytring as it was only temporary due to th orous massage and that everything would be all right. everything has not been all rigrt. Since that very mo the man has had **hemospermia**. He distinctly denies ever ing had anything like it before. He had sexual relations a ber of times with condoms and, if there had been any peculiar about his semen, he would have noticed it. that treatment, he has been very sensitive around the atic and vesicular region and any intercourse or attem massage of the prostate and the vesicles would bring muddy blood-stained semen. The spermatozoa, when ent, are non-motile or, if motile, soon lose their motility

When he came to consult me, I told him that there no likelihood of his being a father of healthy progeny any progeny at all. The man was in despair. All that h built he saw crumbling before him . As an honest ma considered it his duty to inform his prospective wife condition. And, though she liked the man and was sor lose the well-established and comfortable position that r age with Mr. A. would have assured her, she was too y

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with the maternal instinct too strongly developed, to sacrifiice her future for a comfortable financial and social position.

And so, the man is lonely now and will remain lonely for the rest of his days; all on account of an over-zealous, perhaps well-meaning but, neverthless brutal procedure on the part of a careless physician.

This is as good place as any to emphasize to my readers that prostatic massage, while a very simple procedure and extremely beneficial if performed with gentleness in indicated cases, can become very mischievous and result in disaster if performed (1) too brutally, that is, too forcibly; (2) too frequently or (3) in cases in which it is contraindicated, such as acute and superacute prostatitis, tuberculosis of the prostate, acute urethritis, epididymitis. I have seen and have known of cases where improperly performed massage was responsible for a severe aggravation and an extension of an inflammation from the anterior into the posterior urethra, for acute and almost instantly supervening epididymitis, for prostatic abscess, not to mention such transitory but extremely disagreeable phenomena, as fainting, falling, with or without injury, chills, and so forth.

For the millionth time it must be repeated: Not too much zeal, not too much strength; in medicine, even as in social intercourse, gentleness will often accomplish more than brute force.

Forcing the Urethral Sound

Case 2.—The man had been suffering from chronic gleet for about two years. It wasn't much; still, now and then, the lips of the meatus would be stuck together and the urine contained a small number of small shreds. As the several general practitioners to whom he applied did not succeed in curing the condition, he went to a dispensary, more euphoniously called a clinic. The specialists of that well advertised institution would surely cure him, he thought. The young assistant, in charge of the clinic on that day, at once proceeded to pass a steel sound. The patient doesn't know exactly what size sound it was, but, comparing it with our sounds, he thinks it was a number 30; it might have been smaller, it might have been larger. Of this he is not sure. He is sure, however, that the pain was atrocious, that the doctor had to use great force to push it through, and that, when he removed it, there was quite a gush of blood. The meatus was torn, there was bleeding from it for nearly three weeks, and the glans had swelled up enormously; according to the patient's statement, to about three or four times its normal size. Had the condition improved, he would have been reconciled more or less to his sufferings, but the worst of it was that the urethral condition became very much aggravated. He had come to me five months after the brutal manoeuver was performed on him,

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and all this time there was a morning discharge—someth which he did not have before; while the urine was loa with heavy shreds. Urinary urgency, which he did not h before at all, was also present. There was no doubt t to the man's chronic urethritis, was superadded a cyst The trauma produced by the forcible passing of the so furnished favorable soil for an additional infection.

It is a very common practice, a practice that cannot condemned too severely, for a physician to decide upon size of the sound, that he wishes to pass, by the size of meatus, and having selected and sterilized that sound, to in upon forcing it thru. Why? Is the physician ashamed to fess, so to say, that he had made a wrong guess? Or, is too lazy to sterilize another sound? Rather change the of the sound half a dozen times, if such a thing should be necessary, than to force a sound through a man's ure several sizes or even one size too large for it. Oh, Uret Sound, what sins have been committed in thy name!

Two Diseases in the Same Patient

Case 3.—It is so satisfying to find the cause of things. fact, this is one of the factors that distinguish the thinl from the non-thinking man: the former always wants to k the why of things, the latter takes things as they are does not bother his head with the why, wherefore and whit When a man comes to a doctor complaining of an aggr tion of symptoms and the doctor finds an underlying dis which accounts for all or for most of the symptoms, he very pleased. But, he often overlooks an important fact: two diseases may coexist at the same time, that a par the symptoms may be caused by one disease and the o part by the other disease, and that the same symptoms ma caused by a number of diseases. Because a man suffe from gonorrhea gets severe pain in the joints, it does not low that he necessarily must have gonorrheal arthritis; fo man with gonorrhea can get acute articular rheumatism as much as a man who has never harbored the gonococcu Neisser. A man suffering from nephritis can get, also entirely independent lumbago. The tubercle bacillus and spirocheta pallida can have their habitat in the same organ It is an illustration of the latter fact that the following presents.

Mr. B. B., 36 years old, is feeling ill for the past e months. He has lost flesh,, looks anemic, has a hacking co and suffers from terrific headaches. Also, his trroat is and his hair is coming out. He consults a well-known competent general practitioner who percusses him and aus tates him, finding some dullness in the right apex of the l He tells him that he suspects tuberculosis, tells him to b the sputum; and, an examination of the sputum discloses

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undoubted presence of numerous tubercle bacilli. The doctor's diagnosis is fully confirmed. The patient is ordered a generous diet and a creosote preparation. The treatment is continued for two months without any improvement. The doctor then tells him that there is only one thing for him to do and that is, to give up business and go away to a sanatorium in the Adirondacks or in Colorado. Before taking such a weighty step, the patient is advised to consult the present writer. There is no question about the diagnosis of tuberculosis in the initial stage, but, there is something else the matter with the patient which the first physician could have discovered as well as the present writer if the diagnosis of tuberculosis had not completely satisfied him; so completely that he did not think it was necessary to look for any further clauses. Mr. B. B. had tuberculosis. He also had syphilis which which he had contracted about a year or so ago.

The history was vague. At first, he denied any; however, he then recollected that he did have what looked like a little pimple. The general adenopathy, however, the mucous patches in the throat, the alopecia, and, last but not least, the 4-plus Wassermann reaction confirmed the diagnosis beyond any doubt whatever. The man is put on specific treatment. The improvement is immediate and, what is more, not only immediate as far as the syphilitic symptoms are concerned, but, there also is a decided improvement in all the tuberculous symptoms. Now, if the patient will change his climate or, even, without doing so, he stands a good chance of a virtually complete recovery. Without the discovery of the lues, the patient undoubtedly would dave gone from bad to worse.

This is a point that we never must tire of iterating and reiterating. The presence of one disease does not exclude the presence of another or even a half-dozen other diseases. A man may have a stone in the kidney and an ulcer of the stomach at the same time. He may be suffering from gallstones and develop a pleurisy on top of it. He may have mucous patches in the throat and develop a quinsy in addition. He may suffer both from prostatitis and a stone in the bladder. And so on, endlessly. And, last but not least, he may be infected with gonorrhea showing numerous gonococci and develop an endourethral chancre at the same time.

Treating the Patient Rather Than the Disease

Case 4.—Generally speaking, the physician of today leads an easier and more comfortable life than did his confrere of a hundred or fifty years ago, and he also is much better compensated for his services. Furthermore, he has more knowledge and better instruments of precision. If our predecessors of the beginning or the middle of the 19th century could pay us a visit, they probably would envy us. There is one

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point, however, regarding which we all must envy our
cal forefathers, and, that is, their lack of doubt as t
rightness of their treatment, their naive and simple-m
certainty that they were on the right track, that they
doing all that could be done for the patient. If he di
choose to improve or to recover, that was his and God's
ness and not the doctor's fault. The cool, calm way in
he proceeded on his daily rounds was quite remarkable
had studied in his textbook that such and such a di
required such and such treatment—and that was enoug
he only was sure of his diagnosis, he felt happy. He
ceeded to give the patient the medicines recommended i
text-books. If the patient got well, he was pleased an
medicine got the credit; if the patient refused to impro
if he got worse or if, inconsiderately, he even went s
as to die, he, the good doctor, experienced no scrupl
conscience, and sharp-toothed doubts did not distur
sleep. Didn't he give the medicines recommended in
X's famous text-book? If the patient's vis medicatrix n
was too weak to pull the patient through, the patient
not the doctor, nor the autrority whom the doctor so
fully followed, was to blame.

Alas for the physician of today! He has become
tical. Some of him has really learned to think, to qu
and to doubt. If a patient who is treated according t
rules of the game does not improve or if he gets wors
physician is likely to get worried, to question the corre
of his treatment; while, if the patient dies, the doctor's
not infrequently are disturbed by the uncomfortable tho
may be, if I had treated the patient differently, he still
be among the living. A very uncomfortable thought f
honest, sensitive man. Still, uncomfortable as this at
of mind is for the physician, it is the patient's only pot
salvation. Eventually, the entire profession will cons
thinking, doubting, questioning men, men who will cha
every dictum of authority, men who will demand a cor
overhauling of our most respectable and most expensive
books, men who will refuse to take anything, any single
for granted. However, that period has not arrived yet.
still have in our midst the physician who treats, no
patient, but, the disease, who has no doubts and no scr
who prescribes according to rules, and who leaves the r
to Providence. This is such an important point, that
worth while devoting to it a few more lines or even a
or two. Let us take an example.

Arsphenamine Not An Exclusive Remedy

Arsphenamine is a remarkable remedy. Its val
syphilis is beyond question: only a fool can doubt it or
at it; and, if Ehrlich had produced nothing else, he

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deserve to be placed among humanity's greatest immortals. And yet, I repeat what I said many times before: arsphenamine, or salvarsan, in spite of its wonderful virtues, has been responsible also for a great deal of damage. Why? Because the physician has found what he considers a shortcut; and, shortcuts generally are dangerous.

Syphilis? An injection of salvarsan, and the doctor's duty is done. We are, again, brought face to face with the old evil of treating the disease and not the patient. The diagnosis of syphilis is established by the symptoms or by the Wassermann reaction or both; one or more salvarsan injections are administered, and the physician is fully satisfied, particularly if the Wassermann becomes negative or if the seconlaries disappear or are prevented from appearing at all.

Let us illustrate. A. J., forty-five years old, suddenly develops symptoms of locomotor ataxia: ataxic gait, gastric crises, urinary incontinence, and so on. No definite luetic history, tho the possibility of infection, fifteen to eighteen years ago, is not denied. However, the Wassermann gives four plus. An intensive salvarsan treatment is decided upon. So far, so good.

A dose of 6 decigrams of arspheamine is given weekly, for four weeks in succession. The patient gets worse; he loses flesh; he loses his appetite while the urinary incontinence becomes aggravated. A more intensive treatment is then decided upon and two intraspinal injections are administered. The after-effects of these injections, however, are so severe that the patient says he would rather have his disease, he would rather be dead than undergo another injection intraspinally. This being the case, the arsphenamine is again given intravenously—with still worse results. The patient has lost 45 pounds under this treatment and is in every way worse off than he was before the treatment was instituted. Nevertheless, the doctor sees no possible connection between the aggravation of the trouble and the arsphenamine injections; for, do not the authorities say that arsphenamine is the treatment for syphilis? Indeed, he would have continued with them if the patient himself had not rebelled and refused further treatment. Evidently, some doctors, incapable of independent thinking, cannot get the idea into their heads that a drug, that may be generally good for a certain disease, may act very badly in certain individual cases. They seem to forget that there is such a thing as idiosyncrasy. Even quinine, which is used as a remedy in malaria, now and then has very bad results and there are patients who cannot stand the smallest dose of it. If this is true of such a comparatively harmless drug as quinine, why can it not be true of such a toxic substance as arsphenamine? We always must go by results. A remedy may act most magnificently in he vast majority of cases, still, if in a certain case it seems to be inefficient or even injurious, we must instantly stop. I might

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add that, during the entire time that the patient was gi arsphenamine, the doctor gave no thought to any other tr ment. This is a point which I mentioned several time my writings. Syphilis is a weakening, destructive disease our whole duty is not done when we merely give treatment alone. For some patients, specific treatmen is sufficient; others need, in addition, the usual, commonpl often reviled, but, nevertheless, frequently very efficient to such as iron, quinine, strychnine, the compound syrup of hy phosphites, phosphorus, nuclein, lecithin, and similar remed

It goes without saying that, when the patient applied me, I did not continue the arsphenamine treatment. In f for a time I did not give him any specific treatment, tonics. As soon as the patient had gained several pound flesh and was becoming himself again, I began to treat with mercurial injections. In this case, the mercury a much better than the arsphenamine. With the exceptio the ataxic gait, all the other symptoms improved. He c retain the urine much better at night; in fact, after a w he needed no urinal in his bed. His appetite became v cious; he regained his normal weight and was in every wa happier individual.

The Tyrannical Wassermann Test

While I am on this subject, I cannot refrain from mak a few remarks about the tyranny of the Wassermann tes which I have referred a number of times editorially in "CRITIC AND GUIDE." As with arsphenamine, so with the W sermann reaction. No doubt, the reaction is of great imp ance and is of unquestionable value in the treatment syphilis, but, there is no doubt, likewise, that it has caused immense amount of damage. If negative, it has made pati and physicians **discontinue** treatment when treatment wa the utmost importance, and if positive, it has made pati and physicians **continue** treatment when treatment was necessary. The Wassermann reaction is merely a guide wh is of value only when considered in conjunction with all o factors. It is a guide that is apt to mislead when conside alone. Also, we must not leave out of consideration, a gether, the fact that not all laboratories are reliable and a report "negative" or "1-plus" or "4-plus" is not always be taken as gospel truth. In fact, when the result of Wassermann is of great importance, it is best to have laboratories perform the test. Only the other day the foll ing thing occurred:

A specimen of a patient's blood was sent to three differ laboratories. One laboratory reported negative, the sec laboratory reported 1 plus, and the third laboratory repo 4 plus. The same test was repeated. The samples were s to the same laboratories with the identical results; negat

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1 plus and 4 plus. What is a patient to do in such a case? A wise physician knows what to do, but, those who follow laboratory reports blindly are all at sea. And the patient is apt to become fearfully upset, depressed and melancholy and to lose faith both in his physician and in scientific medicine. I might add that, in this case, several tests, afterwards repeated at different intervals by one of the foremost laboratories, proved negative.

NEO-MALTHUSIANISM AND DEMOCRACY
By Dr. C. V. Drysdale

The discussion which took place at our annual meeting concerning the policy of the Malthusian was of considerable interest, and it was unfortunate that time and the programme did not permit of it being carried on, and a definite issue or conclusion reached. Although the criticisms came to a great extent from visitors, some of our own members were at least in agreement as regards the undesirability of antagonizing a large section of those who would be in complete sympathy with birth control, by our continued insistence on individualistic doctrines.

To some extent this was due to a misconception. The Malthusian League is not and never has been a purely birth control society. Its first object is to inculcate the Malthusian doctrine and its bearing on sociology, and it is only since 1913 that it has taken any direct part in providing instruction on methods of birth control. But although its principles appear in every copy of the Malthusian and upon its membership application forms, a certain number of people appear to join the League under the impression that they are only committing themselves to approval of birth control, and that the Malthusian doctrine is a secondary or negligible question. That this was the case was clearly revealed in the discussion.

As we have pointed out on previous occasions, it is possible for a person to admit the fundamental principle of Malthus that poverty cannot be eliminated without some restraint on reproduction and yet be in favor of a socialistic or communistic system of society. On that account Socialists are not necessarily precluded by their doctrines from joining the League, but they must understand that to the bulk of those who founded it and have guided its policy, the Malthusian doctrine has its very positive as well as its negative teaching, and that we believe not only that poverty cannot be eliminated without restraint on reproduction, but that it can be eliminated by suitably directed restraint without any other reforms or change of the social system. Further, some of us hold very strongly, on the basis of the Darwinian generalization of the Malthusian doctrine, that as human evolution has been directed by the competitive struggle for existence, there is

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very great danger in departing from the individualistic competitive system, and thereby losing its guidance for the breeding of the future generations. While we are at one with all other humanitarians in deploring the brutality of the competitive evolutionary process, with its ruthless elimination by starvation and violence, we consider that the lessons of competition are valuable, and, indeed, essential for guiding rational selection, and that there is grave danger of progressive degeneration of the human race if the competitive system is discarded. As we can entirely remove the brutal aspect of the competitive struggle, by refusing to breed any children who would be likely to fall victims to it, we see no reason for discarding its useful direction, although we realize, of course, that it is at first sight contrary to equalitarian ideals. Those who are willing to throw aside all the lessons of evolution for the sake of such ideals, regardless of the consequences concerning the future quality of the race, must, of course, oppose this attitude; but we submit that this is a question of vital importance, and that it is incumbent upon those who advocate a communistic or socialistic system of any kind to show how they propose to ensure the progressive improvement of the race, or, at least, preserve it from deterioration. So far we are not aware that any of them have done so, with the exception of Dr. Eden Paul, who is practically alone among professed Socialists in giving any attention to the question of eugenics. He has, in fact, taken his fellow Socialists seriously to task for their neglect of this question, but even then he has mainly urged the necessity for the elimination of the obviously diseased and undesirable types, without considering how the wonderful adjustment to environment, which is the result of Darwinian selection, is to be maintained without competitive selection; while the other leaders have either ignored the question of selection altogether, or have treated it with disdain or with the flippancy of Mr. Bernard Shaw, who never appears to allow any humanitarian considerations to interfere with his joy in investing serious subjects with paradoxical jocularity. No one who has seriously studied Darwin can doubt the extraordinary power of natural selection to produce the most delicate adjustment of physical and mental attributes to environment, and there is no doubt that we owe many of the most serious disharmonies in human existence to the persistent attempts of misguided humanitarianism to destroy the beneficent influence of natural selection.

Let us now turn from philosophic doctrines to the practical lessons of the present day. For more than thirty years the "democratic" and labor forces have been agitating unceasingly not only for higher wages and shorter hours of labor, but for national or syndicalist control of the machinery of production and distribution. They have propagated their crude economic fallacies with such assiduity that they have captured not only the bulk of the wage-earners but a large

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proportion of the middle classes. On account of their great electoral power, and by the weapon of the strike, they have bullied the Government into almost complete subservience, and today they are practically masters of the situation. Where is the democracy, liberty, and equality they have talked about? Trade union representation is admittedly the most undemocratic of modern institutions, and it appears specially devised in order to deliver the moderate majority helplessly into the hands of noisy and recalcitrant minorities. And meanwhile what has become of the boasted superior efficiency of socialistic production? To take one instance only, while the country is suffering grievously from lack of housing accommodation, the cost of building has gone up not only because the wages of bricklayers have been doubled, but because they now lay only about 300 bricks per day as against about a thousand in pre-war times. Whatever may be said in justification of the higher wages, there can be no excuse on any ground whatever for the enormous diminution in output, which instead of giving more employment to the bricklayer is bringing building operations almost to a standstill. The "working to rule" of the Sunderland railway employees is another of the innumerable instances of slacking in the face of grave national deficiency which confront us at every turn.

We do not doubt that this behaviour on the part of the wage-earners is dictated to a considerable extent by the idea that they are benefiting their fellow workers at least by it, but if so, so much the worse for their ideas. As we have repeatedly stated, the whole question really turns upon the fundamental question as to whether Nature does or can provide bountifully for everyone with a moderate amount of labour. If so, we agree that the evils of society must be due to bad distribution, and the policy of the slackers may have some justification; but if it is true, as the Malthusian doctrine asserts, that there always has been insufficient production of the necessaries and comforts of existence to provide for all, even with the best possible distribution, nothing can excuse people from doing their full share of production. At the present time owing to the dislocation and destruction of the war, the deficiency is more serious thas ever, and deliberate organized restriction of output is a crime against the community. For an individual to slack is bad, but in an individualist competitive system he, at least, pays the penalty of reduced earnings, and consequently has a lessened demand on the produce of the rest of the community. But if the whole of an essential industry is organised to slackness, and yet demands high wages, its members command a large proportion of the productions of the remainder of the community for a small return, and no obscuring of the issue by dragging in the profits of the employers alters the fact that they are bandits holding up society to ransom.

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Malthusianism, as distinguishd from simple birth control, has been identified with, or at least closely associated with, individualism from its inception, as has always been recognized by the Socialists; and it must constantly be in opposition to any doctrines which emphaise the importance of distribution as compared with production. It is resolutely opposed to the "beneficent Nature" idea of existence, and like the goddess of Virtue showing the difficult upward path to Socrates, it depicts the natural social order as one of struggle against difficulties which can only be overcome by personal effort, initiative and resource. Even John Stuart Mill, whose sympathy for the suffering masses of his time, and justifiable hatred of the remnants of the feudal system led him to so many concessions that he has been claimed as a Socialist, never wavered in his conviction that competition was a necessary and benefical agency for human improvement. In the chapter "On the Probable Future of the Labouring Classes" in the last edition of his Political Economy he quotes with marked approval (as we should do) the efforts at voluntary co-operative production and distribution made by various societies, which is his idea of Socialism, but he goes on:

"I agree, then, with the Socialist writers in their conception of the form which industrial operations tend to assume in the advance of improvement; and I entirely share their opinion that the time is ripe for commencing this transformation, and that it should by all just and effectual means be aided and encouraged. But, while I agree with Socialists in this practical portion of their aims, I utterly dissent from the most conspicuous and vehement part of their teaching, their declamations against competition. With moral conceptions in many respects far ahead of the existing arrangements of society, they have, in general, very confused and erroneous notions of its actual working; and one of their greatest errors, as I conceive, is to charge upon competition all the economical evils which at present exist. . . It is the common error of Socialists to overlook the natural indolence of mankind; their tendency to be passive, to be slaves of habit, to persist indefinitely in a course once chosen. Let them once attain any state of existence which they consider tolerable, and the danger to be apprehended is that they will thenceforth stagnate; will not exert themselves to improve, and by letting their faculties rust, will lose even the energy required to preserve them from deterioration. Competition may not be the best conceivable stimulus, but it is at present a necessary one, and no one can foresee a time when it will not be indispensable to progress. Even confining ourselves to the industrial department, in which, more than in any other, the majority may be supposed to be competent judges of improvements; it would be difficult to induce the general assembly of an association to submit to the trouble and inconvenience of altering their habits by adopting some new and promising

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invention, unless their knowledge of the existence of rival associations made them apprehend that what they would not consent to do, others would, and that they would be left behind in the race.

"Instead of looking upon competition as the baneful and anti-social principle which it is held to be by the generality of Socialists, I conceive that, even in the present state of society, every restriction of it is an evil, and every extension of it, even if for the time injuriously affecting some class of laborers, is always an ultimate good. . . If the slopsellers and others of their class have lowered the wages of tailors and some other artisans, by making them an affair of competition instead of custom, so much the better in the end."

Here we see the democratic, "socialistic" John Stuart Mill not only upholding the competitive system, but carrying it to its extreme anti-socialistic conclusion in regarding the activities of the anathematized "sweating" employer beating down wages to the lowest point which competition will enforce, as "so much better in the end."

And observe that Mill wrote in this strain before the influence of Darwin was felt, and there is no evidence to show in any of his writings that he was conscious of the much stronger arguments in favor of competition which result from the doctrine of natural selection. Mill, like the generality of the utilitarian school, was essentially an environmentalist; he never shows any consciousness of the value of hereditary qualities, as is strongly evidenced by his writings on inheritance of wealth. He bases his argument for competition on the natural apathy and slothfulness of mankind. Today, with the writings of Darwin and Herbert Spencer before us, the case for the preservation of competition is infinitely stronger. Competition is and always has been the law of life and progress, it has differentiated between the strong and capable and the weak and ineffective, and it has secured the progress of the race from its primitive types by constantly eliminating the weakest by the struggle for existence. We have to recognize today, if we have any biological knowledge, that human beings differ enormously in their powers, not only because of their early environment, but because of their hereditary attributes. It is most certainly not competition and rapacity that have produced the terrible evils of our slums, but the misguided efforts to check them. Compare the human beings in our towns with the tigers in the jungle. Anæmic, stunted and diseased tigers do not exist. If any of them fall to any marked degree in strength or cunning below the general level, they are ruthlessly eliminated by the struggle for existence, and leave no posterity. As a result we see that they are almost universally at the same high level of strength and vitality and of beauty in relation to their environment, with a joy life which is almost unknown to nine-tenths of humanity.

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Throughout the animal kingdom we see no such shocking distortions and deformities as we do among civilized human beings, and few savage races exhibit them to the same extent. It is not industrialism or congestion in large towns which has caused these evils. The hygienic conditions of many animals and primitive tribes are certainly no better. No, the trouble is due to our persistent efforts through charity, legislation, medicine, and surgery to preserve the unfit and permit their propagation; and every legislative measure or social organization which restrains competition for the benefit of the weak without providing against their reproduction can only intensify the real inequalities, or tend to the permanent degradation of the race. When we find the "Times", in its review of the Birth-rate Commission Report, admitting that the present tendencies must result in the elimination of the middle classes, and complacently reassuring us with the suggestion that after all the wage-earners will fill their places, we may well ask if the lessons of Darwinism and eugenics have even entered the minds of our popular writers. Are the middle classes, who used to be described as "the backbone of the country," prepared calmly to acquiesce in this death sentence, which is exactly what we have been prophesying for years?

Of course, the stock argument of Socialists against this view is that human civilization differs from primitive animalism in that the desires of animals are limited, while those of human beings are unlimited. Also they claim that free competition does not exist because of the association of capitalists in rings and trusts. To this we reply that these phenomena, or the evils arising from them, only exist because of the great differences in ability, which have been fostered by anti-eugenic humanitarianism. Exceptional power in the hands of individuals or groups, only arises from the relative weakness of the masses, and we should aim at eliminating the weakness, not the strength. John D. Rockefeller and Andrew Carnegie started without any natural advantages except their ability (and, if you like, cunning), and built up immense industries and trusts, but had the mass of their fellow creatures been equally strong there would have been little chance of their attaining such power, quite apart from the by no means certain assumption that it was a bad thing.

And let no one suppose that any system of government or society whatever will stop tyranny or secure even approximate equality, unless real equality of capabilities exist. Men only desire great wealth as a means to power, and if wealth is denied them they will secure that power in other ways. Look at the power in the hands of our present Prime Minister. Nominally he is the servant of the people, because of their electoral powers; actually he has as much power over our destinies as the most powerful of monarchs or monopolists, because the majority of people are too ignorant to come to an intelligent agreement on what they do want. On every

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hand now we hear that constitutional democratic government is on its trial, and is proving a delusion. Thinkers of such diametrically opposite types as Robert Blatchford and Dean Inge are equally impressed with its shortcomings. The working classes have already frankly thrown over State Socialism for Syndicalism, and constitutional action through their recently won franchise, for "direct action." Every change delivers them over to a new set of leaders of a progressively worse type, but led they still are and must be until their relative inferiority is eliminated either by the brutal struggle for existence or by the humane refusal to propagate their type. In either case the lessons of competition are the only guide. The weak reliance on leaders, or the State, is the curse of the age, as Blatchford roundly asserts, and a confession of slavery. If a nation is to be fit to bear the banner of progress and civilization its people must individually be progressive, civilized and capable, not a mass of careless, thriftless, lazy incompetents, at the mercy of leather-lunged politicians and agitators, and selling their votes to those who will make them the most specious promises of reward without effort. For this uplift to take place without suffering, society must purge itself of weakness and unfitness by rational selection, which should be moulded as closely as possible to the lessons of natural selection, for which purpose competition must be retained.

It is for this reason that many of us feel relatively little interest in pure birth control propaganda. We are glad to see it going on, as it, at least, ensures that the people will universally gain the knowledge of the means whereby rational selection can be exercised; but unless the knowledge is applied on selective principles we see no guarantee whatever that the final result will conduce greatly to human betterment. All communistic and socialistic legislation or organization tends to obscure the lessons of natural selection, and we are, therefore, diametrically opposed to them, whether they are accompanied by birth control teaching or not. In view of the object lesson of France, with its low but anti-eugenic birth-rate, of Russia, in which communistic ideals are being enforced by brutal tyranny, and of Holland, in which the magnificent birth control movement apparently has been seized by the Social Democrats and reduced to a crude contraceptive propaganda, we can only be thankful that our insistence on the individualistic Malthusian doctrine has deterred such elements from entering our society.

We have never made any claim for infallibility in our doctrines. It may be that there is some serious flaw in our view of the universe and its bearing on sociology, and we are always ready and, indeed, anxious to change our opinions if there are good arguments against them. It is not a pleasant thing to find oneself in continued antagonism to the spirit of the times. Our columns are and always have been open to

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critics, and we cordially invite criticism. But we must point out to our opponents that our doctrines are far too strongly entrenched by scientific knowledge and experience to be easily overthrown. By the admission of the Socialists themselves on every hand, they have had to change their doctrines considerably during the last thirty years of their great activity and successful propaganda, and we now find the erstwhile stalwarts of the faith writing gloomily in the papers on the results of their teachings. We, on the contrary, stand exactly where we did in the first year of our propaganda, and every fresh discovery has only added to the strength of our case. Though our progress has been slow, owing to the antipathy with which every class of the community has regarded our doctrines, we have steadily converted thinkers of every shade of opinion. We have invited criticism and have always given it courteous consideration, but every critic has retired from the field after one or two attempts, and not a single argument has ever been brought against us which has even given us any trouble to reply to. Our simple formula of "general early marriage combined with selective family limitation in proportion to economic and biological unfitness," the degree of unfitness being gauged by the want of success in a freely competitive system, stands, we believe, as the only scientific humanitarian doctrine which has ever been evolved; and until we have more cogent arguments against it than have yet appeared, we should be cowards and unworthy of our trust if we allowed any considerations of tactics or antagonism to make us waver for a moment in openly expressing it.

BIRTH CONTROL: ITS ENGLISH AND AMERICAN ADVOCATES

By William J. Robinson, M. D.

I read Dr. Drysdale's Neo-Malthusianism and Democracy (which appeared in The Malthusian for July) with great pleasure. I enjoyed it for three reasons: First, because I enjoy reading anything written by Dr. Drysdale. Second, because it presents in clear, lucid, unequivocal language the theoretical background of the English Neo-Malthusians, who are seen to differ but slightly from the old orthodox Malthusians, and third, because it gives me a welcome opportunity to present the viewpoint of the American advocates of birth-control, whose spokesman, as the pioneer of the modern phase of the movement in the United States, I have, I believe, a right to be. The differences will be found to be considerable, but fortunately they are all of a theoretical character, and practically, the English and the American advocates of birth-control can continue their work hand in hand as heretofore.

I shall state at the outset: there is not a flaw in Dr. Drysdale's reasoning; his logic, once you accept his premises, is unassailable. But his premises are wrong, and his premises

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being wrong, his conclusions must almost necessarily be wrong, too.

1. Dr. Drysdale writes, and writes in italics: We believe not only that poverty cannot be eliminated without restraint on reproduction, but that it can be eliminated by suitably directed restraint **without any other reforms or change of the social system.** We agree with the first sentence, but we disagree most emphatically with the second one. Poverty abolished without any other reforms or change of the social system! Never. It is hard to see how Dr. Drysdale could pen this sentence. Birth Control is no panacea against all our economic ills. Not only are there thousands and thousands of families in every civilized country who live in dire poverty in spite of having only one or two chilhren or no children at all, but there are entire sections of country where the population is very sparse and where the poverty is more pronounced than in thickly populated sections. A thousand or two thousand years ago the world was certainly not so crowded as it is now but the poverty of the people was much greater. Unrestricted reproduction is one of the causes of poverty, but it is certainly not the only cause, and it is not even the chief cause. To discuss in detail all the causes of poverty would not be difficult, but it would lead us too far: it would make the article too long. But it is sufficient to state our opinion that the chief cause of poverty is unjust distribution. Why are our workingmen so incomparably better off now than they were fifty or even twenty-five years ago, in spite of the fact that the pressure of the population is so much more intense now? Because in virtue of their strong organizations, they are receiving a much greater share of the product of their labor than they used to receive formerly. They eat well and dress well and have bank accounts and own automobiles (yes, quite a good many of them do) not because—surely not only because—they have few or no children, but because they receive very high wages. And tho the high wages are to a great extent neutralized by the high cost of living, there is a good balance on the right side of the ledger.

2. We come now to the principal point in Dr. Drysdale's article—his defense of the competitive system and his acceptance of the principle of the "Struggle for existence" in human society. This point is so fundamental and reveals such a yawning chasm between the two types of thinking, the **individualistic** represented by Dr. Drysdale, and the co-operative represented by the writer, that I must in advance ask the indulgence of my readers in case I find it necessary to discuss the point in considerable detail. Maybe I shall succeed in converting Dr. Drysdale to my viewpoint—which would surely be worth the time and labor spent.

Dr. Drysdale assumes that mankind has reached a pretty high degree of perfection or progress and that the competitive

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system was mainly responsible for this progress. "As human evolution has been directed by the competitive struggle for existence, there is very great danger in departing from the individualistic competitive system, and thereby losing its guidance for the breeding of the future generations." "There is grave danger of progressive degeneration of the human race if the competitive system is discarded." "No one who has seriously studied Darwin can doubt the extraordinary power of natural selection to produce the most delicate adjustment of physical and mental attributes to environment."

With every particle of emphasis at our command, with every fibre of our soul do we deny the correctness of Dr. Drysdale's statements and assumptions. The state of civilization we live in presents very little to be gratified at or to be proud of. In every country in the world, in every class of society, from King to dog-catcher, from the highest diplomat to the lowest taxi driver, we see nothing but greed, graft, lust for conquest, treachery, cunning and every other abomination. And the competitive system is responsible for it. Yes, we hold the competitive system responsible for practically every evil in human society as a whole and in man as an individual. Everything that was bad in human character—lying, cunning, unfair advantage, ruthless cruelty, brute force—it fanned and fostered; everything that was good in us—gentleness, kindness, pity, altruism, naivete, truthfulness—it crushed and trampled upon. And if the world we live in is a world full of crime, vice, war, bloodshed, dungeons, gallows, stunted growth, starvation and misery unutterable and indescribable, it is due in great part to the competitive system. Whatever little good there is in this world is not due to the spirit of competition, but to its exact opposite—the spirit of co-operation, the spirit of altruism.

Analogies are dangerous things and more than once has attention been called to the reprehensible practice of invoking Darwin's name and of trying to transfer the principle of the struggle for existence and the survival of the fittest from the animal kingdom into human society. Survival of the fittest in the animal kingdom and survival of the fittest in human society are two entirely different things. And the difference is not one of degree but of kind. When an animal survives in a certain environment it means that animal was the fittest to survive in that environment; it possessed all the physical qualities necessary for its survival; there is no question here of spiritual or moral or artistic qualities. But among men—is it necessary to emphasize that it is not always the fittest in the real sense of the word that survive, but perhaps the more cunning, the more ruthless, the more unscrupulous?

Dr. Drysdale asks us to compare the human beings in our towns with the tigers in the jungle. "Anemic, stunted and diseased tigers do not exist. If any of them fall to any marked degree in strength or cunning below the general level, they

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are ruthlessly eliminated by the struggle for existence, and leave no posterity." Does Dr. Drysdals really want human society to consist of strong, savage and cunning tigers? He has his wish almost fulfilled. Savage tigers on the one hand and stupid mules on the other. Only the mules are ceasing to be so stupid and want to become tigers, too. . . The humanitarian, however, with whom Dr. D. is so impatient, wants human society to consist of neither of tigers nor of mules: just of human beings. In tigerdom there is but one criterion; physical strength; it has no use for anemic stunted and diseased members; humanity has. Some of mankind's greatest benefactors and most wonderful geniuses have been anemic, stunted and diseased; yes, lame and deaf and blind and tubercular and even luetic, and they left mankind most wonderful legacies; much finer gifts than were given it by its thick-skulled and thick-skinned kings and iron-muscled and iron-hearted generals and admirals and prizefighters. I can think at this moment of three men: one a pronounced hunchback, one a deformed weakling due to an accident in childhood and blind in one eye, and the third one afflicted with double club-foot. Brutal natural selection would probably have eliminated them, but with what loss to humanity! Shall I repeat that humanity can use to better advantage a narrow-chested inventor, a one-eyed and toothless mathematician, a club-footed poet, an anemic sculptor, a stunted painter, a hunchbacked novelist and, last but not least, a weak-stomached scientist like Mr. Charles Darwin than it can a broadchested and steel bicepsed brute? The thing is so elementary that one has some hesitation in discussing it. But evidently it needs to be discussed for if a man of Dr. Drysdale acumen neglects to note the points of difference, others surely are apt to do so.

Another point. Dr. Drysdale and those of his manner of thinking are in the habit of comfortably assuming that those who are on top, economically, politically or socially, are really in some way **superior** to those who are at the bottom. Nothing is further from the facts. We have already intimated that only too often the superiority is due to cunning and unscrupulousness. And very often it is not due even to that just to **pure chance.** Take the Russian Czar and the Grand Dukes. Were they really superior to the 150 millions of Russians? No worse degenerates, mental and moral, could be imagined. Yet they ruled an immense empire with an iron hand, robbed, oppressed and tortured the people without mercy—and found apologists for their rule! An accident happened and the whole Romanoff clique disappeared from the face of the earth.

I wish to apologize to the Romanoffs. I said that no worse mental and moral degenerates could be imagined. I was mistaken. There is a wretch now in Europe, so monstrous, so wantonly cruel, so atrocious, so sadistically bloodthirsty that in comparison with him the Romanoffs are Saints

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and Angels. That wretch is Horthy of Hungary. He is murdering thousands of the best people of Hungary, and he survives. Is he the fittest to survive, or is his survival one of the greatest crimes and catastrophies of human history? How about it, Dr. Drysdale?

If Mr. X never does a stroke of work, has half a dozen automobiles, two dozen servants and spends a hundred thousand dollars a year on himself, is it because he is in any way whatever superior? Not a bit. Just happened to be born to millions. And he cansot even waste them; for big as are his expenses, his income, to obtain which he does not have to move a finger, is still bigger, And his children will inherit even more from him than he inherited from his father, who in his turn had inherited his wealth from his parents. It may be said: Maybe the original, the first owner of the wealth, had obtained it by rendering great services to the nation or the community. We know how most great fortunes were made! We have examples before our eyes. We have several thousand newly-made millionaires thruout the world. How did they make their money? By profiteering during the war. Are those war profiteers really "superior" to the misguided people who said: Not a penny will I make on the deaths of my fellowmen! Not a drop of their blood shall stick to my fingers! And yet the former are now rolling in wealth, while the latter are as poor as they were, if not much poorer.

No, while I will not go far as to say that those at the bottom are **always** the superior ones, they **very often** are; and those at the top are often the inferior ones.

The "survival of the fittest" principle applied to human society has served as a comforting pillow to the head of every tyrant, every exploiter of labor, every ruthless competitor, every so-called superman. But its fallacy has been exposed and it is time to throw it overboard.

We for our part reject the struggle for existence and the survival of the fittest as applied to human society; and we emphatically and disdainfully deny the need or usefulness of a competitive system; we deny it not because it is brutal, unjust and inhuman—the truth must be acknowledged even if it be brutal, unjust and human—but because it is **false.**

It is not only brutal, inhuman and unjust, but it is also **dysgenic!** For it often crushes and destroys the best elements of society while fostering and encouraging the worst.

Even war of which its vicious apologists used to speak as a eugenic agency is now exclusively dysgenic. In times of personal combat war may have acted eugenically, at least in a physical sense, by giving the victory to the strongest and the fleetest; now with the machine guns miles away, it acts exclusively as a tragically brutal dysgenic factor; the weaklings the defectives and the old are left home: the flower of manhood is destroyed. Once more; we reject competition and combat as useful selective agencies. And it is because we do

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not believe in the struggle for existence and the survival of the so-called fittest that **we do believe** so strongly in birth control: the poor man's struggle for a livelihood is too intense as it is, and it should not be permitted to become still more intense by the birth of too many children. Hence birth control by prevenception. But I shall return to this point later.

Dr. Drysdale gives the competitive system and natural selection credit for "the most delicate adjustment of physical and mental attributes to environment." Where in our society does he see this delicate adjustment? Does he see it in war? Do people who are delicately adjusted to their environment slash and cut each other's throats, burn and destroy, starve and mutilate each other? In my opinion, our society is extremely **maladjusted** and competition—with its concomitant, war—is chiefly responsible for this maladjustment.

"There is no doubt that we owe many of the most serious disharmonies in human existence to the persistent attempts of misguided humanitarianism to destroy the beneficent influences of natural selection." Dr. Drysdale gives humanitarianism, misguided or rightly guided, too much credit. The competitive system has lasted several thousand years; humanitarianism is but a few decades old; it forms but a thin varnish and hardly covers a little patch on the body politic; no, Dr. Drysdale, humanitarianism cannot be held responsible for our economic misery and for the horrible slums; it must be our cut-throat competitive system with its rapacity and ruthlessness, that is responsible.

Dr. Drysdale brings a long quotation from John Stuart Mill to prove that that great humanitarian and political economist was a believer in the competitive system. We are not overawed by authorities, however great they may be, and all we can say is: "We are sorry." And if John Stuart Mill and Dr. Drysdale believe that beating down the wages of tailors and other workmen to the lowest possible point that competition will bear is a good thing "in the end," then all we can say is: "Thank you. Not for us." We are quite convinced that the New York tailor who now gets $75 to $100 a week is much better off—in spite of the high cost of living—than his brother of twenty-five years ago who used to get $18 a week or than his London brother of to-day who hardly gets as many shillings as he gets dollars. And isn't it passing strange that those who believe that low wages are a good thing "in the end" never, never believe in low wages for themselves. Why?

Dr. Drysdale calls the workingmen who demand high wages and are slack in production "bandits holding up society to ransom." I agree with him that slacking in production at the present time when so much of the world's treasure has been destroyed (thanks to the world's competitive militarists and imperialists) is reprehensible; even criminal. But why

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call the workingmen bandits and let off without any reprimand the profiteers who are making millions? After all we have not heard of many cases of workingmen who have become millionaires; we have heard of thousands of such employers; and they have not worked 16 hours a day, either.

"The whole question really turns upon the fundamental question as to whether Nature does or can provide bountifully for everyone with a moderate amount of labor." If this is the fundamental question, then we can answer it unhesitatingly in the affirmative. Yes, she can and she does. There is enough for everybody. The trouble is exclusively in unjust distribution.

Much more could be written to show the untenability of Dr. Drysdale's viewpoint and to demonstrate the wastefulness, the economic, mental, moral and physical ruin for which the competitive system is responsible—the bloodshed that has been going on unceasingly for the past six years and that we still have to-day on the Russo-Polish front and in Hungary is one of its fruits—but the limit of space really forbids. But I cannot conclude without giving a brief summary of the faith —negative and positive—that is in us.

We do not believe in the struggle for existence as a factor in human betterment.

We do not believe that in the survival of the fittest either among the savage or among the so-called civilized races it is really the fittest that survive. It is often the unfittest.

We do not believe that the competitive system has on the whole been a good thing for mankind, and we would most emphatically refuse to subscribe to Dr. Drysdale's statement that "Competition is and always has been the law of life and progress, it has differentiated between the strong and capable and the weak and ineffective, and it has secured the progress of the race from its primitive types by constantly eliminating the weakest by the struggle for existence." Believing as we do that competition, among individuals and among races, is one of the chief causes of the greatest of all evils, the greatest of all crimes, namely, War, we would be rather inclined to say that competition is and always has been the law of death and retrogression.

We do not believe that there is a shortage of food—even now after its systematic curtailment and destruction for six years—nor that there is likely to be any for several hundred years to come. Nature's yield is enough for everybody—and to spare. The trouble lies partly in inefficient and insufficient production, but chiefly in criminally unfair distribution. That eventually a strong check will have to be put on reproduction so that no further increase be possible is mathematically certain, but that time is several hundred or perhaps thousand years off. Let us not worry about such distant future. Let us attend to the present and to the next generation—the other generations will take care of themselves.

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These are our negative beliefs. What are our positive beliefs? Disagreeing on so many points with our English Malthusians, what are our points of agreement and what are our reasons for our persistent, not very popular and to quite some extent self-sacrificing effort to spread the birth control gospel? Oh, they are many. We will mention a few.

We believe in birth control as a most important and efficient eugenic measure. By its proper use all hereditarily transmissible diseases and defects could be eliminated in two or three generations. On this point, however, all intelligent people are now agreed; it is only the mentally or morally defective who would deny the use of prevenceptives to those afflicted with transmissible diseases, physical or mental.

We believe that promiscuity with its frequent concommitant, venereal disease, is one of the great evils of modern life. Both could be to a very great extent eliminated by early marriages. Under our present social and economic conditions, early marriages with the probability of early and numerous progeny are not desirable or acceptable. Prevenception does away with the problem. By eliminating the fear of too many children and of their too early and too close arrival on the scene it makes early marriages feasible, and thus acts as a great preventive against promiscuous sexual relations with their resultant plague—venereal disease.

We believe in birth control as a great saver of infant life, a great preventive of infantile mortality. If anything has been demonstrated, it is that a high birth rate goes hand in hand with a high death rate.

This terrible wastage, physical, economic and emotional, is saved by rational birth control. If the children, the children who arrived and survived, understood, they would bless the advocates of birth control. But the children who did not arrive at all, who were consciously prevented from arriving, might perhaps be the most profuse in their thanks and blessings. . . . Certainly the millions who would have been 18 to 35 years old in the years 1914-1918 cannot help feeling grateful. . .

Finally and perhaps most important we believe in birth control as the great, the wonderful emancipator of suffering womanhood. I am not referring here to woman's political emancipation; this, in our country at least, is of very slight importance. I am referring to her emancipation from accidental, from undesired, from forced motherhood. Forcing woman to be a breeding machine, forcing her to have children against her will, to have more than she was physically, economically and emotionally able to have and to bring up—this has been woman's great tragedy since the world began.

And it is a mistake to believe that this tragedy confronts only the women of the poor, of the working classes. It lurks as a terrible specter in the lives of the women of all classes. The middle class wife and the wife of the professional man

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are perhaps even more terrified by it. They are physically weaker, emotionally more high strung, and properly to bring up a child under our present conditions, particularly in a large city, with its cramped and microscopic dwellings, is a task of enormous magnitude. And when it comes to several —the tragedy for some becomes almost unbearable. And this great tragedy birth control is helping to eliminate.

I have been referring to normal healthy mothers to whom undesired, inopportune or too frequently repeated pregnancy is a tragedy. There are cases in which a pregnancy is practically equivalent to a death sentence: certain cases of tuberculosis, of heart disease, kidney disease, deformed pelvis, etc. In those cases birth control, while permitting of marital relations, acts as a direct life saver. There are many other points on which the enormous need and value of birth control by prevenception could be demonstrated—apart from the fear of shortage of food which troubles our malthusian friends in England very much and which troubles us here little or not at all. But as I am not writing a treatise on birth control, the points I have already brought out will suffice.

Baden, Switzerland, August 1st, 1920.

In next issue: Sixty-five Days in Europe, by The Editor.

Some brilliant children break down at school from overeducation or unduly premature development, and are perhaps more stupid than the ordinary individual in later life. . . . Precocious children, especially during the periods of rapid growth, require plenty of sleep, liberal diet, an open-air life, firm and tactful management, and no extreme physical or mental stimulation.—Dr. E. Cautley: "The Child.

. . . . Standardizing the mind presents a most difficult problem. Who of us can define with absolute certainty the standard of conduct below which no one can sink without incurring general censure? We have to acknowledge that in order to judge an individual's intelligence it is necessary to have in mind some standard as to what constitutes normal intelligence. What standard then is to be established? What mind or minds will be used as a criterion by which men are to be measured? A mind that one examiner might consider subnormal, another might classify as genius. You can prove by almost any neurologist that everybody is crazy. The situation reminds us of the old Quaker who said to his wife: "I believe, Jane, that all the world is queer, but Thee and Me; and sometimes even thou art a little queer."—Illinois Med. Jour.

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CRITIC AND GUIDE

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WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, OCTOBER, 1920 No. 10

EDITORIALS AND EDITORIALETTES

GIVE BACK OUR YOUTH AND PROLONG OUR LIFE!

From the breasts of thousands of human beings there comes up the pitiful cry: Life is too hard, too dreadful. And they pray to their gods to ease their lot or take back the gift of life. Millions say, think or imagine that they would welcome death as a deliverer from an unbearable burden. But evidently there are multitudes of people to whom life is sweet, for eagerly would they prolong it by all means in their powers beyond its natural limits. No sooner is an announcement made of a discovery, usually an alleged discovery, which promises to prolong life, than there begins a frantic rush of all the aged, infirm and senile—bien entendu of such as can afford the price—clamoring for the precious remedy. And when to the expectation of a longer life is added the promise of the restoration of youthful vigor—which invariably refers to or includes sexual vigor—then it becomes difficult to hold the crowds back. "Demand of us what you will, if only you can give us back our youth and prolong our life" cry the people who come in haste from all corners of the earth. Such scenes were witnessed in the middle ages—for all we know in the ancient times also—they were witnesses a generation ago, they are being enacted now before our eyes.

I have been reading in the papers of the noise that Dr. Voronoff has been making in New York. Nothing surprising about it, for New York is overburdened with money and underburdened with brains, and will run after any kind of fad or fake whether it be Billy Sunday or Sergeant Yorke or Serge Voronoff. But Central Europe is poverty stricken and half starved and yet Prof. Steinach's recent announcement of his rejuvenation and life prolongation experiments has

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taken Austria and Germany by storm. For a time it has taken precedence over political announcements, reports of strikes. the coal question or discussions of the Versailles treaty. Evidently, the desire for youthful vigor—after one has lost it—and long life touches a deeply hidden spring in the human heart.

The title of the modern pioneer in rejuvenation experiments may be justly bestowed upon Brown—Sequard. But if we leave him out, because his work was in another direction, dealing with testicular extracts, then the scientist who deserves the title of pioneer is Professor Eugen Steinach, the well known physiologist, of the University of Vienna. His experiments during the past sixteen years in the transplantion of the generative glands, the masculinization of castrated animals and the feminization of castrated males, and his later experiments in the rejuvenation of old and senescent animals bear all the earmarks of true scientific work, and deserve the fullest confidence and admiration. It is not for the purpose of popular applause or financial emoluments that he has devoted a great portion of his life to painstaking research; his was the spirit of search for truth of the true scientist.

And yet I am unable to become enthusiastic even over Prof. Steinach's announcement. Not because I am unable to enthuse over a new idea. My sympathies are not yet petrified, and my mind is not yet closed to new truths. I am as capable of becoming enthusiastic over a new discovery, a new idea, a new movement—particularly if they have humanitarian applications—as I was at the age of fifteen or twenty. But it is too soon to become enthusiastic. Because old rats (twenty-seven months seems to be the age of senescence in these not very agreeable rodents) apparently got a new lease of life, becoming aggressive, and recovering their extinguished libido, after ligation of the epididymis (males) or transplantion of ovarian substance (females), it does not follow that the same results will obtain in human beings. As to the experimental human material, it is entirely too scanty—and Steinach himself admits that much—to permit us to draw any definite conclusions—at the present time. But Prof. Steinach's work is full of remarkable promise, this I admit with the utmost readiness.

His and his assistant, Dr. Lichtenstern's pioneer work in the treatment of homosexuals by the transplanting of testicles of normal individuals has already borne excellent fruit. Of this I expect to have something to say in a future editorial, as I shall of course keep my readers in touch with all phases of the fascinatingly interesting, even if practically only moderately important subject. In the meantime I only wish to remark that whenever we discuss gland transplantation, we must not forget the excellent work of our own Dr. Lydston.

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INTERSTITIAL GLANDS

With our customary Anglo-Saxon modesty we began to speak of Interstitial Glands. And our laymen began to search in their Websters and in their Standards the explanation of the term and they found it not. And some physicians—quite a few—looked into their medical dictionaries and were also disappointed. And some of of our medical brethern are still uncertain as to what is meant when interstitial gland is referred to. Now, by your grace, interstitial gland is simply a euphonious expression, newspaper-permitted and parlor-admitted, for testicles, or testis or testicular gland. The testicles as you know have two distinct functions: the spermatogenous or generation of spermatozoa, and the internal secretory, that is the manufacture of that internal secretion which gives the person the proper sexual characteristics and sexual potency. Now the cells which are chiefly or exclusively concerned with the manufacture of that internal secretion are the interstitial cells of the testicle. The tubular cells which prepare the spermatozoa are of no account in this respect. In transplantation experiments they generally atrophy completely, and it is the interstitial cells that do the work. Hence the reference to "interstitial gland." And what is said about the testicles applies to the ovary as well. But the term is incorrect; for the whole gland—the testicle or ovary—is used, and not some of the cells. And besides "interstitial" tells us nothing, for all glands possess interstitial cells. A better term would be: pubertal gland, or puberty gland or cells (or pubero-gland).

POTENCY AND STERILITY

By the way, have you noticed how strongly potent people suffering from azoospermia due to a double epididymitis (resulting from gonorrhea or some other cause) often are? In many cases the potency is truly remarkable. And it is in these cases that you see striking proof that potentia coeundi may have nothing to do with potentia generandi. A man may be strongly potent and irretrievably sterile. And on the other hand, you will see numerous cases of men whose semen is teeming with motile spermatozoa and who are absolutely, lamentably impotent. In the latter cases ligation of the vasa deferentia might produce improvement or a cure.

THE EIGHT-HOUR DAY IN DRUG-STORES

The question has been propounded to me if I considered the drug clerks **morally** justified in demanding an eight-hour day. It is rather a ticklish question to answer with so many drugclerks readers of THE CRITIC AND GUIDE. But I will answer it. No, I do not. The demand for an eight-hour working day in general is a step in the right direction, and has come to stay. But there is a difference between work and work, and that is something we want to bear in mind.

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Eight hours work in the bowels of the earth is more than enough, and miners would be perfectly justified in demanding a six-hour day, five days in the week. Eight hours work in a sewer is entirely too much for any human being. Eight hours work in a factory, on a sewing machine, on a linotype, on a press, etc., is quite sufficient. But the work in a drug store, in a modern drugstore particularly, is not so physically arduous or mentally exhausting, as to make the demand for an eight-hour day justifiable from any point of view. To sell a bottle of Scott's emulsion, or a package of Rochelle salts or a dozen of aspirin tablets, or a cake of soap, a hair brush, or even a Gillette or Duplex razor, requires no great expenditure of either physical force or mental energy.

As to prescriptions, we know that they are not of the same complexity that they were in former years. Most of them consist of simple mixtures of a very few ingredients. As to galenicals, we also know that the drugstores that at the present day make their own fluid extracts, plasters, suppositories, compressed or even triturate tablets can be counted on the fingers of one hand. And the work altogether is light and clean. I therefore do not consider it a hardship or an injustice if the drugclerk's day is nine or ten hours long. Also we must take into consideration that the druggist's work is not steady, uninterrupted work. There are many hours in the day when he has hardly anything to do.

And yet another point. The drugstore business differs in some respects materially from every other kind of business. A drygoods or a grocery business or a butcher shop could be open eight or six or even four hours a day without essential inconvenience to the public. People know what they want in those lines during the day and they would quickly adjust themselves to the situation. A man cannot always know in the morning that he will have a toothache in the afternoon, nor can he know in the afternoon that his baby will have a severe attack of colic at 10 p. m. And the sudden development of croup or of high fever in the young darling may demand the calling of a physician and the imperative making up of a prescription at midnight. So taken all in all it is for the public benefit that drugstores be open fourteen to sixteen hours daily.

What is the druggist to do? Employ two complete shifts of clerks? The average druggist can seldom afford it; if he should be forced to do it would raise the prices of drugs and prescriptions so high that the burden would become too heavy for the average person, and for the poor especially, to bear. To work only eight hours and let the druggist proprietor attend the rest of the time himself is not equitable either. For just while the drug clerk is "on," there may be very little to do; and as soon as he leaves there may be a "rush." The amount of business in a drugstore

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during various periods of the day cannot be well regulated. And to demand double pay for a little overtime is also unfair.

In short, I do not consider a nine, ten or even eleven hour day too much for a drugclerk, junior or senior, and I cannot give my support to the movement for an eight-hour day for phamarcy employees.

The drugclerk who is very vociferous for an eight-hour day would quickly change his attitude on becoming a drugstore proprietor. And the thing has happened, I am told, more than once, and quite recently, too . . . .

DRUGSTORES THEN AND NOW

The thing is so laughable that I just can't help laughing. The discussion of the eiiht hour day and of drug clerks' salaries at the present day brought back to my mind—you can't help the association of ideas—my own drugstore days. The drugstore in which I worked the longest and in which I acquired my expert knowledge as a prescriptionist and galenicist was situated in East Houston Street. Tho many years have gone by, I remember the number distinctly—297. It was a genuine old fashioned prescription pharmacy; Metz's well known old drugstore. It handled no soda water, no patent medicines, no perfumery or hairsoles—nothing but prescriptions and drugs. I had nothing to do with the hand sale even—my duties consisted exclusively in making up prescriptions and in preparing galenicals. And we made practically all the galenicals oursélves: not only all the tinctures, syrups, etc., but also fluid extracts, plasters, and even. such preparations as unguentum hydrargyri and well do I remember the tired feeling I had after getting thru making twenty pounds of lead plaster, of ten pounds of mercurial ointment. And the mercury had to be pretty well extinguished.

The drugstore occupied the entire house, the upper floor being used as the residence of the proprietor and his family. and both the senior and the junior shared a room above the drugstore. I was the junior; and a pretty competent junior I was, or I could not have held the position. But what were my hours?

My hours were 7 a. m. to 11 p. m. every day; and answering the night-bell every other night. (The alternate nights the bell was answered by the senior clerk). And if there were prescriptions to be finished we worked until they were finished, it didn't matter if it was 11:30 or midnight. The work had to be done. And during these sixteen hours the work was practically continuous, and it was hard physical work. It was not the sort of prescription work we have to-day; pouring out four ounces of a ready made mixture, counting out a dozen aspirin tablets, filling a jar with a ready made ointment, etc. No, sir. Five hundred creosote pills, silver-coated,

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was a daily occurrence, and sometimes several times a day; and whenever a prescription for those pills would come in the senior clerk would do me the honor of putting the prescription in my compartment; after the creosote pills 120 powders (the late Dr. Jacobi would often prescribe three or four hundred powders at a time), and then 100 capsules, and then a dozen suppositories, and so it was the whole day. And if there was a lull in the prescription work, I had to run into the cellar to make up five gallons of fluid extract of ergot, or twenty pounds of emplastrum plumbi or unguentum hydrargyri or a thousand pil. cathar. comp. or 2000 quinine capsules for stock. And I tell you when the day's work was over and I got up into my room I needed no veronal—or trional or sulphonal which were then the favorite hypnotics—to make me sleep. And how I did hate to have to get up in answer to the night-bell, to fill a prescription or to hand out a bottle of citrate of magnesia. That part I did hate, just as I hated later to be taken out of bed to make a night call to some poor patient (one of the principal reasons why I gave up general practice).

That was my work and those were my hours. What was my salary? My salary was ten dollars a week! I entered at nine, which the boss, seeing my competence and eagerness for work, raised one dollar—the first junior he ever paid ten dollars a week. And for ten dollars I worked until I left the place. He—the boss— was extremely satisfied with me, he said so several times, and I was satisfied with my salary; it did not come to my mind that I was being exploited, and that I was worth at least twenty or twenty-five dollars. The senior, an old and most competent druggist, was only getting 18 or 20 dollars a week. To do justice to the boss I must say that we were also getting breakfast and supper in the store—breakfast, a roll and a glass of milk (never more or anything different), and supper, bread and milk or tea and an egg. The meals, however, were given us not for our sakes, not to save us money, but for the sake of the store: we were so busy all the time, that to go out for meals would have disorganized the work; and in the store our breakfast and supper did not take us more than five or ten minutes. For dinner, however, we had fully half an hour! And what were our days off? Our days off were half a day every other week. And even that half a day I generally spent in my room studying the dispensatory or looking up difficult words in Webster's unabridged. I owned both, as well as a considerable number of other books the money for which I scraped together from my meager salary.

As stated before, I did not resent the small salary which I got; that was the current wage (other juniors got only 7 and 8 dollars a week), and I thought I was treated fairly. I never bore my boss any ill-will and we remained the best of

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friends. When I got my diploma from the college of pharmacy, as a PH. G., I had an opportunity to purchase a small drugstore. But the man wanted a first payment of three hundred dollars; I didn't have three hundred cents. I went to my old boss, told him my story, and he gave me three hundred dollars without a word. I wanted to give him a note, but he refused; if he did not have confidence in me, the note would not make any difference. He said he was sure that I would make good, and that I would not stop at the little drugstore; that I would go much further. Was he right? (oh, yes, I returned him the three hundred dollars). But we are digressing. And may be the whole thing is too personal (tho as Beaconfield says: it is the personal which interests mankind, that frees their imagination, and wins their hearts); but I just couldn't help recalling my own drugstore days, when thinking of the quality of the drugclerk of the present day, his demand for eight hours and his salary of fifty dollars a week. **Tempora mutantur et nos mutaminis in illis.** I do not begrudge him his fifty dollars a week, but I do wish he was more competent, less lazy—and that he would use his leisure time to better advantage.

LONGER HOURS NEEDED

I am sorry, once again, to have to expose, what my ultra-radical friends will be pleased to call my reactionary tendencies and my unmistakably bourgeois morality. But I have nothing to lose. For it is as hopeless for me to expect to gain the unqualified approval of my ultra-radical r-revolutionary friends as it is to overcome the spirit of antagonism and persecution of my ultra-reactionary enemies. He who insists on going his own way, following his own light, sacrificing no fundamental principle for the sake of expediency and refusing to join any party or movement will never have a large or enthusiastic following. So it doesn't matter. . .

It goes without saying that I believe strongly in a short workday, as a general principle. I have always considered it one of mankind's great tragedies that up to recently most adult men and women, and, yes, children too, had to spend practically all the waking hours of their lives in the mere struggle to make a living. They worked to make enough to live, and they lived only to work. Of **Life** itself they got out nothing. Many were the millions who went to their graves without even having tasted life. And all humanitarians must rejoice and do rejoice that the humblest of workers are now having considerable leisure.

But before extending this leisure still further, I should like to inquire and find out how people are going to utilize their leisure. Here, I know, my radical friends would interject that it wasn't mine nor anybody else's d—— business how the working people were going to employ their leisure

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time; that they were not slaves, that their free time was their own, and that they could use it as they d—— pleased. Perfectly true. And yet I should insist upon inquiring how a man's leisure hours were going to be employed. I am not so extremely individualistic as to believe that man owes no duties to society. If a man is going to spend his leisure hours beating his wife, or getting drunk, or witnessing prize fights or attending vicious movies or corrupting burlesque shows—why then it would be better for himself and for society if his leisure hours were shorter and his working hours longer. I know it is dangerously bourgeois to give utterance nowadays to such sentiments, but "them's my sentiments," and you wouldn't want me to hide them, would you?

And I would say that particularly now, when so much has been wantonly destroyed by the wicked war, when so many millions in Europe are in need of food, of clothing, of shelter, of coal and of transportation facilities, the advocacy of shorter, or rather fewer and still fewer hours seems to me extremely ill-timed. It is, in my opinion, **anti-social,** which is equivalent to the stronger term, criminal, used by others. In my humble opinion in order for humanity to recover from its near-mortal wounds we need not shorter, but longer hours. I believe there is work for everybody; every ablebodied man and woman can be utilized; and every man and woman should give to society the best that is in him or her. Only thus can humanity hope to recover from its wounds. Now is not the time for laziness, for shirking, for sabotage.

THE OUIJA BOARD

We are told that the stores are unable to supply the demand for the ouija boards. And the demand is growing from day to day instead of diminishing. We are also told to be tolerant and not to be dogmatic in our statements. The advice is a good one as a general principle and yet I cannot see how one could consider a ouija devotee anything else but insane. Above all one must be honest, and my honest opinion is that anybody who "believes" in the ouija board is feeble-minded or insane. It does not mean that he or she is insane in every point of life's activities, but it does mean that he or she possesses a feeble intellect or is mentally unbalanced in certain directions.

In an article by Dr. William House (J. A. M. A., Sept. 18), the author tells us that numerous families are reported to have been adjudged insane from its use tho it is doubtful whether such patients are really more than hysterical. Its victims are numerous but most of them will undoubtedly recover after a brief sojourn in an institution for the mentally disordered.

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SUFFERING AND SUPERSTITION

A suffering soul offers fertile soil for all sorts of superstitious and fantastic beliefs. There is no doubt that the terrible suffering which was brought about by the terrible war, now in its seventh year, (the war is not over yet), is responsible for the wave of superstition that is spreading all over the world. If these superstitious beliefs really soothed the tortured souls of the sufferers we would accept them as perhaps the lesser of two evils. But the unfortunate part of it is that superstition and credulity produce only a temporary effect and often increase the suffering of their victims by unbalancing their minds. It is the duty of the medical profession to counteract the wave of superstition, belief in the supernatural, etc., by all means at its command. We are glad to see that our profession is becoming alive to its duty and is attempting at every opportunity to show the absurdity of the talking-with-the-dead superstition, spiritualism, theosophy, etc

SHOULD THE SYPHILITIC NEVER MARRY?

In an excellent article on some principles in the treatment of syphilis, in the Medical Record of June 19, 1920, Dr. Graves says among other things: "The syphilitic need deny himself nothing that life affords when used in moderation; but for the welfare of his potential mate and descendants—for the welfare of the race—he should gladly deny himself the privilege of marriage." We disagree with this statement. Had the author said that a syphilitic should deny himself the privilege of parenthood, we might subscribe to it, but to deny himself the privilege of marriage is altogether unnecessary.

Every physician knows cases of marriage in which one or both of the partners had been infected and yet the marriage has turned out very happily. Infection of the martial partner can at the present time be guarded against absolutely. So why deny a man or a woman who had the misfortune to be infected the privilege of marriage? Even as far as parenthood is concerned the question is far from being settled. Many are the children of syphilitic parents who had been properly treated (this is, of course, understood) who are in no respect inferior to the children of non-syphilitics. But as accidents in this respect are apt to happen, the belief that syphilitic people should deprive themselves of the privilege of parenthood has something in its favor. But this is not true of marriage. And that marriage need not necessarily be followed by children is something that every well informed person nowadays knows.

The utmost care should be taken in the treatment of syphilitics and the most painstaking tests should be made before we declare them free from danger to others or to themselves. But we must not go to extremes and make demands which would unnecessarily darken and embitter their lives.

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ORIGINAL ARTICLES

THE ETHICAL GROUNDS OF ABORTION

By Herman Dekker

It is evident that the difference of opinion about abortion between Dr. Robinson and me arises from the entirely dissimilar ways by which we arrive at the concept "ethical."

If I understand Dr. Robinson's argument correctly he discovers in birth control by abortion something essentially different from what he finds in birth control by prevenception. This distinction he expresses by saying that in abortion "we destroy something already created." No one will question the destruction of the "something," although its nature is not clearly defined. Similarly I might ask, What is meant by "created"? But I am mostly interested in the general question, What does this destruction signify in an ethical sense?

Are we not constantly destroying that which is "already created"? Does not life itself depend upon the defeat and destruction of other life? "Each slew a slayer and in turn was slain—life living upon death." That truth has been known at least as many thousand years as have elapsed since Gautama Buddha lived. If we would live we must destroy. If we love life we must kill. That is the antimony at the heart of organic being. No living thing can escape it. Expressed thus bluntly the statement may shock many. But can it be successfully denied?

Man in the process of living has never been particularly dismayed by the prospect of destroying that which is "already created." It is only when he begins to think deeply enough and to understand that he quails. Then also he begins to die or to long for Nirvana. The Buddhist, for instance, says, "Thou shalt not kill any living thing." But healthy life has never hesitated to destroy other life. The only restriction in human society which has been (and is now) made is that destruction shall take place in a regular way, in a socially accepted way. This demand has, however, probably not resulted in a really lessened destruction. All that custom has determined is **when and how destruction shall be accomplished: in a word, the mode of it is alone important.** It is not the aim to abolish destruction as such, for that is impossible.

Why then should anyone be particularly frightened when told that abortion is wrong because "something already created" is destroyed? For variations in the customs or mores of destruction consult, for instance, Sumner's "Folkways." For a recent example recall the satisfaction we all felt when

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Belgian women resorted to abortion after rapings by German soldiers. Women in east Prussia did likewise with approval after assault by Russian soldiers.

On page 231 of "Folkways" will be found this highly significant conclusion:

The "morals" of an age are never anything but the consonance between what is done and what the mores of the age require. The whole revolves on itself, in the relation of the specific to the general, within the horizon formed by the mores. Every attempt to win an outside standpoint from which to reduce the whole to an absolute philosophy of truth and right, based on an unalterable principle, is a delusion. New elements are brought in only by new conquests of nature through science and art. The new conquests change the conditions of life and the interests of the members of the society. Then the mores change by adaptation to new conditions and interests. The philosophy and ethics then follow to account for and justify the changes in the mores; often, also, to claim that they have caused the changes. They never do anything but draw new lines of bearing between the parts of the mores and the horizon of thought within which they are inclosed, and which is a deduction from the mores.

In speaking about ethics I take my stand on socially approved behavior as a norm and uphold that as "good." But it must be remembered that "social approval" is a dynamic not a static thing. This is the only standard about which I have any degree of certainty. Dr. Robinson seems to me to be trying to do that which Sumner says is a delusion—"'win an outside standpoint from which to reduce the whole to an absolute philosophy of truth and right, based on an unalterable principle." In this fruitless task he is at one with the Catholic theologian who opposes birth control by abortion and by prevenception. Judged by formal logic, it seems to me the theologian makes the most consistent deductions from his premises.

Now my attitude toward abortion I believe meets the analytic and scientific standard of "right conduct" laid down by Sumner, as I shall try to show under the following headings:

(1) "The 'morals' of an age are never anything but the consonance between what is done and what the mores of the age require." Ethics is the theoretical expression justifying that which is socially approved or which, it is argued, ought to be socially approved. Let it be noted that conduct is not considered as even deserving of approval until conditions of life make it possible and when a minority are already exemplifying its practicability and its advantage under given circumstances.

Regarding the ethical standing of abortion today, then, we need simply ask, Is it socially approved? I affirm that in

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practice it is, as I tried to make plain in my article (contributed anonymously) in the March number of the CRITIC AND GUIDE. Moreover, a variety of social conditions tend to widen the approval and to make it theoretically ethical. This process meets Sumner's second requirement in the determination of that which is truly "moral"—and for this reason:

(2) "New elements are brought in by new conquests of nature through science and art. The new conquests change the conditions of life and the interests of the members of the society."

These new elements in this era are machine industry and creative chemistry; social labor and rapid interchange of commodities and information; increase in literacy and encouragement by free public instruction and the reading of daily newspapers of a purely secular and materialistic view of life, with the emphasis upon enjoyment **now**, not in a future life; education for women and their control of their own bodies by assuring them political, economic and social equality; control of contagion, improved hygiene and a lessened need for a high birth rate.

Fundamentally the greatest element is probably the application of science and invention to our economic life—vast natural forces are discovered and mechanically controlled. Modifications in the economic sphere in the past 100 years have been profound, but we are just beginning to observe the inevitable reflex on our customs and ethical theories. Only the few notice the change. The fact that I have to write this semi-controversial article and that I have received a dozen or so letters denouncing me as a monster, is evidence that not many understand how moral codes change and that we are now in the midst of a rather decided change.

(3) "Then the mores change by adaptation to new conditions and interests." My contention is that such a change is now silently but definitely and inevitably going on with regard to abortion. The next stage to appear is thus described by Sumner:

(4) "Philosophy and ethics then follow to account for and justify the changes in the mores; often, also, to claim that they have caused the changes."

This process is well illustrated in the case of prevenception. Sixty or seventy years ago (and even more recently) persons were imprisoned for even discussing the subject in print; it was said to be too obscene for discussion. Imperceptibly the practice spread despite prosecution of its avowed "moral" advocates. Millions resorted to a silent hypocrisy by practicing family limitation and saying nothing. Science, invention, economic and social pressure all encouraged it. Then some years later a theorist declared the practice was desirable, brought facts and logic to his aid, and said it need not be done with any sense of guilt or shame. He helped to

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free thousands from inner conflict, who in turn propagated the idea among their coteries. This time the advocate was not jailed for discussion per se, altho the traditionalists all made logical and "moral" onslaught. But the advocate had impersonal social forces behind him and his supporters grew in number. More and more people gave public support to the idea of family limitation. Now there are so many of them that we have forgotten for the most part who the early advocates were and no longer single them out for distinguished praise. Prevenception is now taken almost as a matter of course. It gets endorsement at the hands of all sorts of intellectualists: physicians, clergymen, lawyers, statisticians, professors of ethics, philosophers, biologists, eugenists, and a host of free-lances. In some countries, as in France, Holland, New Zealand, Australia, and perhaps Scandinavia, prevenception is almost completely "in the mores," both practically and theoretically.

The social attitude toward abortion is likely to go thru a similar series of changes. Indications all point that way: that is the substance of my argument. In other words, abortion is in the process of becoming ethical. The first stage of widespread practice has already been completed.

(5) "They [philosophy and ethics] never do anything but draw new lines of bearing between the parts of the mores and the horizon of thought within which they are inclosed, and which is a deduction from the mores."

This means that philosophy and ethics merely express in current intellectual or religious terms of the time that which human beings, living in social relationship, **are already doing,** and which conditions have made possible for them to do. The interrelated elements of their conduct are exposed by analysis and their bearing upon any sort of "larger good" which may be set up is made clear. This major premise, the "larger good," varies from age to age, and is itself an outcome of the mores—"a deduction from the mores," Sumner says. In Greek times it was the state; in the middle ages the Church or the Soul's Immortal Welfare; in Protestant countries it was Extend Trade and Salvation by Righteousness; in these days of capitalistic secularism and agnosticism it is the Monogamous Family or Get Rich or Law and Order or Americanism or perhaps just Decency.

The opposite of this outlined view of ethics is the discovery or revelation of an absolute standard of right and wrong, which is an eternal truth. Plato is the intellectual progenitor of this doctrine in its first well developed aspects, with his belief in the "eternal forms." Accordingly as things approach these perfect forms they are said to be "true" and "good." The real philosopher and scientist is he who knows most about these perfect "eternal forms." He is the only man fit to judge of the "truth" of things on this earth.

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Strangely enough this genius of transcendental idealist insight—certainly one of the greatest in the history of the human mind—this austere moralist who made the whole of life a question of ethics, in his "Republic" actually advocates infanticide, the evil thing which Dr. Robinson says abortion logically leads to and for that reason condemns.

I deny, however, that I am bound to go on to an advocacy of infanticide because I advocate a harmless form of abortion. It must be remembered that I am not deducing eternal ethical principles from any broader doctrine. My method of determining approval or non-approval rests on an examination of social data. At present I find no trend toward socially approved infanticide as infanticide, altho I think few will deny that there is considerable indirect destruction of infant and child life that receives no moral condemnation. [Example: Compare the high infant death rate among Polish families in the United States with the low rate among Scandinavian families. If the Polish death rate—note well, you hypocrites—is 173 per 1000 births a year and the Scandinavian about 69 or 70, the rate of **indirect infanticide** among the Poles—Roman Catholics—all may be said to be about 100 per 1000 births a year. In fairness, however, the mothers cannot be held individually responsible for this phenomenon. It springs from a complexus of economic and social conditions. Yet it might justly be called "socially accomplished infanticide." In this category it seems to bear no resemblance at all to the act of a mother in strangling her infant at birth. Hence our indifference. The difference is in the **intention,** says the priest. Is it? But how are bad intentions distinguished from good if not by the effects which acts associated with intentions are held to have upon society? Of course, socially accomplished infanticide, just because impersonal, is much more deadly. It is brought about with the certainty of a tremendous and blind natural force.]

But I do find a strong tendency toward deliberate abortion which does no permanent injury to women. Therefore, I conclude that **deliberate** infanticide (as against incidental infanticide) is an "unethical practice," meriting punishment and receiving it at the hands of society, while abortion as a matter of fact is becoming ethical and receiving an indirect, tacit approval as being prudent and a just promotion of individual and family welfare. Having this social approval, we should expect abortion not to be punished by society. **In fact it is not punished.** What better proof could there be that abortion is being ethicized?

Let me repeat that such terms as "ethical" or "immoral," except in connection with what is contained in the mores, I declare, in my present state of enlightenment, are beyond my understanding.

If I believed in an ideal moral standard such as Catholic

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theologians uphold I should most likely not only be against infanticide and abortion but also against "voluntary parenthood" and "voluntary motherhood" (adroit phrases intended not to outrage violent prejudices) as accomplished by prevenception. I might quite logically even agree with St. Paul and the Council of Trent that complete continence and celibacy are better than any sort of marital relation. I could go further and insist upon the subordination and submission of woman to man, of the wife to the husband "in all things" as perfectly deducible from orthodox Christian ethics and several other systems of absolute ethics of which I have knowledge.

As for the argument made to me by some that harmless abortion is not worth considering because more knowledge of prevenception will make it unnecessary, that is evidently merely a confusion of two propositions unrelated to each other. I am waiting for science and invention to make real the 100 per cent. reliability in prevenception and to bring the knowledge of it to the people before quitting the discussion of abortion in the present stage of the world's affairs.

To refute my argument according to my own principles, all that needs to be done is to show that abortion is a rare thing and that it has not the implied or expressed approval of a considerable part of the population of the western world at this day. But that is just the proposition that cannot successfully be established. The evidence at hand points to a growing practice of abortion and a broader tolerance of it. Since no conduct is either good or bad except according to its status in social opinion, if society is coming gradually to approve abortion, abortion will most surely in a little while become ethical.

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COMMENT OF THE EDITOR

Again we are glad to print Mr. Dekker's article, but again we are not convinced by his argument. One of the chief objections to abortion, namely, that once you justify abortion it becomes impossible to draw a line of demarkation, he has not touched at all. In my comment on his article in the July issue I asked the questions: "If abortion is ethically permissible at three months, why not at four? If at four, why not at six? If permissible at six, why not at eight or nine? In other words, by considering abortion a perfectly permissible procedure we come very close to justifying or permitting infanticide." This argument, as I said, Mr. Dekker has ignored altogether. And until this question is answered satisfactorily we will not be able to place abortion and prevenception in the same category.

Mr. Dekker assumes and emphasizes over and over again that whatever is socially approved is moral. While

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I believe in an absolute standard of right and wrong as little as he does, I utterly disagree with him in his declaration as to what is moral or immoral. War is approved or justified by the majority of peoples all over the world and yet I consider it ethically wrong, damnably wrong, and I would consider it so if 999 out of every thousand people in every country in the world considered it right. On the other hand, there are things which are considered almost universally wrong and which people of a broad ethical outlook consider right, because they know that eventually it would contribute to the greatest good of the greatest number.

Then again Mr. Dekker is wrong in his assumption that abortion is practically universally justified and is not punished. That is quite wrong. People who are not caught are not punished, but those who are, are punished very severely. Right here in New York, a physician was recently sentenced to from three and a half to fifteen years in Sing Sing for having performed an abortion, and he is now serving his sentence. He was a man of considerable financial means and influence but nothing availed him; so even from this point of view Mr. Dekker is wrong. No, abortion is not and never will be on the same plane as prevenception; and perhaps it is well that it is so.

INEXCUSABLE BLUNDERS IN DIAGNOSIS AND TREATMENT*

By William J. Robinson, M. D.

[*Continued from the September issue*]

Abuse of the Bromides

Napoleon, the most influential figure in human history for both evil and good, the former, however, greatly overbalancing the latter, was an epileptic. So it is claimed by some historians. Others deny that the disease he suffered from was genuine epilepsy. Whatever kind of fits Napoleon Bonaparte suffered from, the statement has been made that the Corsican adventurer would not have made and unmade a dozen kingdoms, would not have become the undisputed dictator of Europe if potassium bromide had been known in his time and had been used on him in the treatment of his epilepsy. The bromide would have dulled his brain, depressed his spirit and stifled his ambition (which would have been a good thing).

It is not my intention to express my opinion of the status of the bromides in the treatment of epilepsy. I have no right to such an opinion, not having had sufficient personal experience in the treatment of that disease. But, that the bromides are greatly abused, that is, used with injurious effect, in many other conditions, of that I have no doubt,

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for I have seen these pernicious results with mine own eyes. With the reader's permission, I will give some illustrative examples.

Case 5.—This case comes back to me accusingly from the early days of my practice—in fact, from the days when I had no right yet to practice or to give medical advice—for, I was still a medical student, a student in my last year. However, nobody is so ready to give advice as are medical students. They entertain no doubt as to their competence. Having had no failures in their practice—for the simple reason that they, as yet, have had no practice of any kind—they have the utmost faith in themselves and others, their professors and their textbooks, and are ready to lavish medical advice eagerly, generously and gratuitously. Also, it flatters their vanity, their amour propre to be able to act in loco medici, to be taken by their friends for a real physician. And, the friends and acquaintances are just as eager for the advices of their medical-student friends. Not only because they get that advice for nothing—for, of course, medical students do not charge for their valuable counsel—but, also, because a good part of the laity has great confidence in the knowledge of medical students believing that they are up-to-date, familiar with the latest advances and discoveries. In my student days, I was appealed to for medical advice more frequently than my fellow students, because I was known as a good prescriber from my pharmaceutical days. And, so, to come at last to the point, a young man applied to me "to give him something" for his night emissions, or wet dreams. Without hesitation, I advised him to take some potassium bromide. How much? About half a teaspoonful in half a glass of water on going to bed. The patient took it for about two weeks and then came to report that, while the number of emissions had diminished, they had not ceased entirely. He used to have them every night or twice a night, and now he had them about twice a week. Again without hesitation, I advised increasing the dose to a teaspoonful, every night.. As is seen, I never was a homeopath in my doses, not even in my student days. And, didn't I have the support of the authorities for these large doses? A dram of potassium bromide was not considered at all an excessive dose in those days—as it isn't considered even now, by some. The trustful patient took the bromide as he was told. Some time later, he came to report. Yes, the medicine was a success. The emissions had stopped altogether. But, what a sight he was! Full of pimples—the acne in many places was pustulous, necrotic, his complexion was pasty and anemic, his tongue was thickly coated, and he complained—no, he did not complain, he merely stated—that his stomach was bad, that he had a very bad taste in his mouth and no appetite at all. Now, all these things were looked upon

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as the unavoidable by-effects of an efficient remedy and both the patient and his embryo physician were satisfied.

A few weeks later, the patient came to me—(I had, in the meantime, been graduated and started in real practice)—and complained—this time he did complain— that his emissions had returned as bad as ever. But, they were of a different character; while before they had been strong and pleasurable, they were now weak, devoid of sensation, and he was often unaware of them until morning. In short, from strong "physiological" emissions they had changed into feeble atonic ones. The bromides were of no avail now.

It was this, and several similar cases, that set me thinking and made me doubtful and skeptical as to the value of bromides in night emissions. This doubt and skepticism became **a certainty** that, in the treatment of night emissions, the bromides are not only generally useless but extremely pernicious, both in their immediate and ultimate effects. Small doses exert no influence one way or another; large doses depress the mind and the spirit, spoil the appetite, ruin tre stomach and not infrequently produce an obstinate disfiguring acne. And, what good do they do for the special purpose for which they are administered? Suppose, they diminish the number of emissions at first—what of it? Do they who recommend and administer the bromides in night emissions expect their permanent cessation? If such an effect were possible, would they really desire it? Would they wish to accomplish complete destruction of spermatogenesis in a young patient? If not, why that stuffing with the bromide of potassium, not to mention those of sodium, ammonium, lithium, calcium and strontium? Is it right to ruin the entire organism in an attempt to depress a perfectly physiological and indispensable function?

Bromides for Scabies and Itching

Case 6.—He came in complaining of a "terrible itching." He had had it for about three months. He had not had a good night's sleep in weeks. He had been to a doctor who had given him a salve and some internal medicine, but "they didn't do no good." The salve was a zincoxide ointment with some menthol; the prescription for the medicine contained potassium and sodium bromide and peppermint water. He had quite a few pimples on the back, which were seen to be bromide acne. The history also showed that he got the acne some time after he had been taking the "salty medicine." A careful history of the case and a close examination of the fingers, the elbows and the genital parts disclosed that the patient was suffering from—just, scabies. It is not necessary to state how quickly this patient was cured of his scabies and with it of his intolerable itching that had made the days and particularly the nights a terror to him; for, if all diseases were amenable to drug treatment as quick-

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ly, as surely and as infallibly as is scabies, we would have no therapeutic nihilists, no quackopaths and no Christian Scientists.

This case lends itself as a text for a twofold thesis. The first is, the non-recognition of scabies. If there is one skin disease or infection that should never go unrecognized it is scabies. The history of the case, the character of the itching and its location almost infallibly tell the story, and it seems that the merest tyro in medicine should never fail to diagnosticate it. Yet, I have seen a number of cases of scabies that were treated with cold cream, vaselin, with ointments of zinc oxide and ammoniated mercury, with menthol, resorcin, betanaphthol—with everything except **the** specific—sulphur; while, to allay the itching, bromides were given. Then, and this forms the second part of my thesis: The administration of bromides as an antipruritic. I can characterize it only as the acme of foolishness. And I assert emphatically that the bromides never yet cured or **even relieved** a case of itching. Since they are capable of causing acne and other inflammatory dermatoses, it stands to reason that they may also cause itching, but, cure it or relieve it, they can not. I trust that physicians will give up the bad habit of prescribing potassium bromide or any other bromide as a sedative in pruritus. I might state here that, considering the different degrees of badness, sodium bromide and strontium bromide are the least bad; they are less depressing, less ruinous to the digestion and less apt to cause bromide acne.

Bromides For Nervousness

As we are on the subject of the bromides, I wish to say a few words on bromides in "nervousness." I suppose as long as the vague term "nervousness" (which is used both to designate a vague condition and to cover our ignorance) is employed, we shall employ bromides in its treatment. But, I declare honestly and frankly before the whole world that I have never been able to convince myself that the bromides ever cured or relieved a case of nervousness. I have prescribed them often, as we all do, and shall probably continue to prescribe them, because we have to give something. Still, I declare my opinion that, where the bromides seem to do good in nervousness, the effect is most probably due to suggestion and that any other placebo would do as well. I remember a case of "nervousness" in which I prescribed sodium bromide, 30 grains to the dose. The effect was satisfactory. I then gradually reduced the doses, without the patient's knowledge, to 20, 10 and 5 grains per dose. The patient did not know the difference, and declared that the medicine acted nicely on her. All this because she had confidence in me. For, later on, another physician prescribed the same thing for her, in a different form, and "it did not do her any good at all. Just like so much water."

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In Conclusion: 1.—If the bromides are to be given in "nervousness" let them be given in small doses. 2.—Let sodium or strontium bromide be given in preference to potassium bromide. 3.—Whatever bromide or combination of bromides is chosen, they are best administered in an effervescent combination: more agreeable to the taste and much more acceptable to the stomach. Several manufacturers are now offering such effervescent combinations in granular or, preferably, tablet form.

The Test Injection

After a patient has been treated for gonorrheal urethritis for a sufficiently long period, or, say from two months to two years, and everything seems to be all right, and the doctor has decided to discharge him, he often gives a "test-injection." This is a strong injection in order to see if the patient is really cured and quite free from gonococci or whether the latter are only hidden and dormant. If the patient is really cured, the discharge which the injection causes is gonococcus-free, scanty, and usually ceases in twenty-four to seventy-two hours. If, however, the discharge does contain gonococci, why, then we know that they are there, and we have to treat the patient further until they disappear and until another test-injection shows their complete absence, and so on. This is the theory and it is responsible for untold damage, for thousands of chronic and practically incurable cases of urethritis. 3 to 5 drops of a ½ to 2-percent solution of silver nitrate may do no harm and act provocatively; but, as often employed, it is nothing short of malpractice, and, sometimes, one is forced to suspect, wilful malpractice. First of all, the principle is wrong. Suppose a strong silver-nitrate injection was given —3, 5, or even 10 percent—and the discharge proved free from gonococci; does that prove that the patient's genito-urinary tract is free from gonococci? Why? Where is the guarantee that the strong injection will call to the surface every gonococcus hidden under the mucous membrane? Where is the warrant that all the germs hidden in the prostate and in Littré's glands will respond to the call of Argenti Nitras as the dead will to the call of Gabriel's trumpet? Of course, it is nonsense. Negative evidence in complex pathological conditions is only of partial value.

However, this is not the worst of the matter. The worst is, if the discharge caused by the test-injection does contain gonococci and other germs, you have added a trauma to an already-existing infection, which permits the germs to grow luxuriantly and often renders the condition extremely recalcitrant to treatment. If the patient was really cured, you have, by your interference, by your strong injection, caused a trauma on a membrane which the gonorrhea had already made a **locus resistentiae minoris**, and it may take weeks or months to get rid of it.

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This is not fancy but disagreeable fact. How often have we heard the story with the following essentials: The patient had been treated for gonorrhea two, three or four months, or longer, as the case may be. Finally, everything seemed to be all right; the smears became negative, then the discharge disappeared entirely and the urine became free from shreds. The doctor told him that now everything was fine and that he was going to discharge him and give him a clean bill of health in a day or two. However, it was always best to be on the safe side; and, so, before giving him his final discharge, he would advise him to drink a couple of glasses of beer or wine in the evening and in the morning he would give him a "test-injection." So he did, and, since the doctor gave him the test-injection, the discharge recommenced, he had burning in the urethral canal and his urine again became cloudy. Some would complain of symptoms pointing to prostatitis, and not a few would show symptoms of epididymitis, which they would claim, made their appearance soon after the test-injection. Some patients would accuse their physicians of having injured them deliverately. They were getting along so nicely, everything was all right, and if the doctor had not given them that strong injection, they would have been quite cured. While now * * * These cases, as stated above, would often be very resistant to treatment, more so, than the original gonorrhea.

The physician with common sense may now and then make use of a test-injection, but, for the welfare of our patients, it would, on the whole, be best if the test-injection were done away with entirely. A sensible physician can know pretty well if his patient is cured of his gonorrheal urethritis without causing a chemical traumatic and alcoholic urethritis.

Daily Massage of the Prostate

It goes without saying that the most useful procedure may be overdone. My readers know that my opinion of the value of prostatic massage is very high. In some cases, its beneficent effect is little short of magical. But, of course, it is being frightfully abused. To massage an inflamed prostate with all the vigor of a bath rubber is malpractice. Not only does the condition of the prostate frequently become greatly aggravated, but I have known severe epididymitis follow such practice within half an hour. I have known men having to go to bed after a too vigorous prostatic massage or after a gentle massage of a badly inflamed gland.

Not only is too vigorous prostatic massage to be condemned, its too frequent performance, also, however gentle, may prove injurious. The urethral and anal canals resent the too frequent introduction of foreign substances or too frequent manipulations within their lumina. The foreign expression **"insult"** for such manipulations is quite appropriate. An internal cavity considers any unnatural manipula-

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tion an insult. The mere daily injection of a small quantity of water within the rectum will eventually prove irritating. Therefore, I must condemn the practice, which is gaining vogue, of daily massage of the prostate. Conditions in which the massage of the gland is advisable more frequently than twice a week are quite rare. In massage of the prostate as in every other therapeutic procedure, we must never get tired of repeating: **ne quid nimis**—not too much zeal.

Syphilis, Anemia and Neurasthenia

I have referred to the subject before, but, it is of such great importance that it will stand considerable reiteration. A man falls off a roof and sustains a fracture of the skull and a fracture of the leg. Of course, the skull is more important than the leg and we must pay our first attention to the former. But, should we neglect the latter altogether? What would be thought of a physician, who having such a patient under his charge, would treat the fracture of the skull only, would overlook the leg entirely and would dismiss the patient with a crooked and shortened lower extremity? This case forms a perfect analogy to the way in which some physicians treat many of their patients. If the existence of one disease is ascertained, all other points are neglected and perfect satisfaction reigns in the diagnostic camp.

A man applies to a physician for help. He looks so wretched that to contemplate him is painful. He declares that, unless something is done for him at once to relieve him of his suffering, he will make an end of it all. The symptoms he enumerates are without end. The physician examines him, discovers an unmistakable secondary roseola and puts him at once on specific treatment, which is all right. But, **the patient himself** does not improve, though his roseola does. Why does not the patient improve? Because, besides his lues, he is also suffering from anemia, in a severe form, and neurasthenia. In fact it was his neurasthenia that made him feel so wretched and suicidal that he decided to go and have a good time, and that was how he contracted his lues.

But, as I said before, when the physician discovers the disease, particularly if that disease be syphilis, he is so satisfied that he neglects to look for any other possible diseases. In the name of pity, can not, may not a man with anemia and neurasthenia contract syphilis? Can not a rheumatic, a nephritic, a diabetic, become infected with the treponema pallidum? So, why think that, when the diagnosis of syphilis has been made, all has been done that need be done for the patient?

If I do nothing more in these articles than to focus the physician's attention on the fact that two and more diseases may and often do coexist in the same patient at the same time, they will not have been written in vain.

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Over-Treatment in Urethritis

A man applies for an appointment. He has been treated for several months by another physician with practically daily injections and irrigations and biweekly dilatations. Still, his condition is not improving. For the past two months, it has been virtually at a standstill. The appointment is made for the following week, as the doctor has to leave town for a few days. There is no special hurry, as the condition is so chronic. On the day of appointment, the prospective patient telephones that his condition has improved to such an extent that he will wait a few days longer. He comes in, two weeks later, is examined and is found quite well. What made him well? The cessation of all treatment. Some urethras, most urethras, can not stand daily injections and manipulations for long periods. They will respond to these "insults" by becoming irritable, inflamed, and by discharge, aseptic or bacterial. They ask for nothing better than to be left alone. You leave them alone for a few days and they thank you by getting well. Many, many chronic urethritides have been made and are kept chronic by the physician's or patient's too assiduous treatment. Overzealousness is sometimes as bad as neglect. Sometimes worse, for, in the latter case, the **vis medicatrix naturae** will often assert itself; in the former, you interfere with nature.

Aborting Gonorrhea

Last, but not least, I wish to characterize as **downright malpractice,** the attempts at aborting gonorrhea with silver-nitrate solutions of enormous strength which we still come across occasionally. I know that some European urologists report good results from the abortive treatment of gonorrhea. And, I do not question their good faith. Still, all I can say is that European urethras must be different from, must be tougher than, American urethras. My opinion today is, that abortive treatment should never be attempted. Where I saw it attempted, the result was disastrous; the inflammaion became hyperacute, the discharge became bloody, in some instances there supervened prostatitis, epididymitis, strangury, and such little pleasantnesses. Leave the abortive treatment with strong solutions of silver nitrate alone; it is sheer malpractice.

ECONOMIC PHASES OF SEX HYGIENE

By William J. Fielding

The increaing trend toward a more rational understanding of problems relating to sex is one of the most encouraging signs of the time. Indeed, in view of the tempestuous tendencies of contemporary social forces generally, and the political and economic chaos now so pravelent, it might not be too much to say that it is about the only bright spot on our social horizon.

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The reasons for this are many fold, and quite obvious. Sex hygiene, or social hygiene as it is more commonly called as a concession to the prevailing notions of prudery that still survive, and will doubtless continue for a considerable time to come, is, like every other form of hygiene, a scientific development and reflects its benefits over a wide radius, as well as proving a boon to those who practice it.

While pioneers and their followers in increasing numbers had been agitating for a more rational public attitude on questions relating to sex these many years, like many other things, this policy did not secure much prominence as a public policy until the advent of the world war. Then, with almost unbelievable suddenness, the iconoclastic forces of war began to revolutionize the former state of mind. It turned apathy into action, and rendered ineffectual the carefully nurtured antipathy of those to whom the question,—one might almost say the very existence,—of sex was anathema.

And the leaders in this new movement, for the most part, were not actuated by a desire for spectacular effort, which is so often the case in furthering a newly embraced cause. As a matter of fact, statistics made available thru army medical records clearly showed that the borderline of national jeopardy had been reached. The long-standing principle of suppression had disastrously failed. The historic policy of fostering sex ignorance in the name of "morality" stood self-condemned. The reaction was due and came with a vengeance.

According to the United States Public Health Service, the examination of draftees showed that five men came into the army with venereal disease to every one who contracted it after he was in the army. And this notwithstanding that venereal diseases have always been a keen war problem. To meet this situation, the authorities, reversing at the outset the old traditions, began in the military service an intensive campaign of rational sex education, including instruction in sex hygiene and prophylaxis.

So young men who had passed thru puberty and adolescence—those wonderful transformative periods when the awakening sex-life affects every tissue of the body and all the processes of the intellect—with the corrupting legends of the street as their only source of instruction, were now for the first time initiated into the mysteries of sex-truths, which society had so long proscribed.

It is true that the military establishment, as a means of increasing its efficiency, was responsible for focusing public attention on the need for a revision of our past methods of dealing with venereal diseases, prostitution, etc., and of spreading some elementary knowledge of sex hygiene. One of the things that made this decision imperative was the fact, according to computations based on the report of the Provost Marshall General on the first draft, that there were 445,000

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syphilitics and 2,225,000 men infected with gonorrhea among those registered who were not then called.

Here at least was the temporary victory of a perverted Venus over Mars, until—to carry the simile of the constellations a step farther—Mercury came to the rescue.

And notwithstanding this weeding-out process, whereby a great army in itself had been eliminated, the men inducted into the service in the first draft brought venereal diseases with them at the rate of 212 cases per thousand during the first nine weeks after they arrived in camp, and during one particular week showed a rate of 418 per thousand.

It was unnecessary to turn to Denmark to prove that "something was rotten." The manhood of America showed a record of venereal pathology that was astounding, and ominous for the future. Besides, it was costly—not only to the army, but to society, to industry, to the victims themselves.

It may be pertinent to cite some especially interesting examples in industry. A big manufacturing concern in West Virginia followed the advice of a health expert and installed a clinic at a cost of between five and six thousand dollars for the first year, for the free treatment of venereal disease. The plant had a payroll during this period of $125,000. The president of the company has stated that as a result of the clinical treatment labor efficiency was improved 33⅓ per cent. and it is estimated that this brought the company a return of $40,000.

Another notable instance was the experience of a great corporation that, among its other activities, built a city in a wilderness for the housing of thousands of men and women employees. When efficiency had dropped below what was expected, experts were sent to conduct a survey and find the cause. As a result the following facts were brought out:

That one employee in every ten had a venereal disease.

That 68 per cent. of the non-effectives were on the non-effective list because of venereal diseases.

That every person who had a venereal disease lost three times as many hours from work as the person not affected.

That medical treatment cost every person so affected an average of $75 per year; or a total of $50,000 for treatment, with loss of time greatly exceeding this amount.

With the facts before them, the officials were convinced that it would be well worth the cost to remedy the situation. The United States Public Health Service was appealed to and co-operated in establishing free clinics where the employees could be treated. It took only a comparatively short time to write off the cost of operating the clinics by increased production.

And while employers and various social agencies have been carrying on a campaign for the dissemination of sex-truths and the elimination of venereal diseases, the employees,

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too, have shown a spirit of initiative in the matter, both as individuals and thru their trade union and mutual benefit organizations. The worker, also, has foond that this is a paying proposition—in better health, greater earning capacity, a more wholesome grasp of life, and a lessening of the monetary burdens that drag one down.

When thousands of girls in the needle trades were out on strike in New York early last year, their organization, in co-operation with the War Work Council of the Y. W. C. A., arranged a series of daily lectures on sex hygiene, which was attended by the girls at their various meeting halls between picketing times. There were fifty lectures given within one single month in this unique campaign, and it is estimated that an average of two hundred and fifty persons attended each lecture, or a total attendance of approximately twelve thousand for that period.

Other labor and kindred organizations in various cities have also availed themselves of these facilities for bringing the facts of sex hygiene to their members.

It is quite evident that instruction of this kind is of inestimable value, especially when given systematically and with the backing of the workers' own organizations. Besides giving those who take advantage of its benefits a rational knowledge of sex hygiene, it is morally stimulating and conducive to the maintenance of their personal integrity and self-respect. Most certainly, it will help to prevent such conditions as are described by Ordway Tead in his book, *Instincts in Industry:*

". . . There are industries like the textile, candy and garment manufacturing where women employed by male foremen or employers are wholly dependent for employment upon the pleasure of the boss. And the power over a girl's destinies which this situation puts into a man's hands can be and has been abused. In New York dress and waist shops, girls have actually been forced to strike to put a stop to the familiarities of a 'superior officer' in the organization. In a small Massachusetts town it was found to be an established practice for the superintendent of a mill to indulge his passions at the expense of any of his girl employees who were at all anxious to hold their jobs. And these cases might be multiplied."

While the great mass of people are benefited beyond measure by rational sex knowledge and the suppression of prostitution, there are however economic factors which cause certain individuals and groups to fight tenaciously against the dissemination of sex truths and quite openly for the continuation of prostitution.

In 1912, a petition from a number of shopkeepers, grocers, meat purveyors, chemists, fruit dealers, etc., was submitted to the District Attorney of Milwaukee, Wisconsin, pleading "that the sudden and abrupt wiping out of the red light dis-

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trict would in many instances wholly and in others partly destroy our business." To this petition the names, addresses and businesses of the signatories were appended.

The federal government encountered this spirit constantly in its fight, as a military measure, against commercialized vice. Puerta de Tierra, a barrio about four miles from the Porto Rican camp, was for hygienic reasons closed to officers and enlisted men. An observer wrote that "the people did not, for some time, resent the order, but at a meeting of *property owners and others interested,* a petition was sent to the Commanding Officer of Camp Las Casas, asking that soldiers be allowed to visit their families. The petition was rejected until such time as hygienic conditions at Puerta de Tierra would make it prudent to act favorably upon it. And the problem in Porto Rico was a complicated one because prostitution on the island was a legalized business, with many time-rooted traditions and social and business ramifications.

Another case, in Canada, might be cited, as it contains the same elements that were involved in many instances in this country: A campaign to close up the red light district was started in a small city of about 14,000 inhabitants. The municipal officers and police were strongly against the elimination of the segregated district, which by the way had transcended its bounds to the extent that brothels were fearlessly maintained next door to some of the churches.

The economic motive behind this action is seen in the following announcement made in the press of neighboring towns, which were endeavoring to effect a boycott against the offending city.

". . . . Perhaps some of the good citizens of L..... who have been opposing or refusing to support the campaign to remove this plague because of *commercial reasons* will be surprised to know that hundreds of fathers and mothers residing in nearby towns are exerting every energy to keep their sons away from L..... All are not successful, but many are. Parental influence is keeping hundreds from your city every week."

Joseph Mayer in a paper, "Social Legislation and Vice Control" in *Social Hygiene* for July, 1919, adds the following testimony regarding the economic motive as an incentive in the defense of the social evil: "Business also was frequently observed to connive in the furtherance of the vice interests. Certain merchants believe the open town is good for business. They feel that visitors are more apt to patronize such a city, and spend money freely in 'taking in the sights.' Certain types of business, such as the liquor traffic, are directly connected with the social evil. Often big corporations or banks, anxious to avoid annoyances or gain certain privileges, side with corrupt political elements."

The influence of conflicting forms of economic pressure

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is, indeed, the mainspring both of prostitution, with its socially devastating results, and of the intensive movement that is today engaged in combating it. These forces and tendeniies are discussed in some detail by the writer in several chapters of his volume, *Sanity in Sex.**

At the present time many large industrial concerns, with the co-operation of the United States Public Health Service, are developing a system of sex hygiene, and they are finding it a highly desirable policy in every way. Great credit for the strides that have been made is due the National Cash Register Company and its energetic head, Mr. John H. Patterson, whose pioneer activities in this field, at a time when the subject was nearly one hundred per cent. taboo, form one of the few bright spots in the American sex hygiene movement of the last decade. But this period, happily, has passed, and we are now at the threshold of a new epoch as far as facing the truths about sex is concerned.

YOU CAN HAVE A CHILD

By L. E. E.

The greatest thing in the world must be a living thing: the greatest living thing is certainly a human being; and the greatest human being is the child—because the possibilities in him are limitless; whereas the adult, be he never so perfect, is, in a large measure, a finished product. The decision of what we shall make of our child and how we shall do it is the most momentous question an adult can face—and at the same time about the most interesting.

Parenthood, then, must be one of the greatest things conceivable to the human mind; could we do a greater deed than to perpetuate the race, and add to its quality by making our contribution as perfect as is possible under the circumstances?

There is nothing greater. If you can bring a child into the world **under right conditions** you are executing God-made plans, doing your bit for creation as the Creator intended.

BUT to argue from this that **all** adults should be parents would be as illogical as it would be cruel in results. The very importance of our having children under right conditions shows the inadvisability of having them under wrong conditions; it must be more lamentable to botch a potentially great piece of work than to fail in less important endeavors. Involuntary parenthood is regrettable, the conditions that make it possible are regrettable; but we are not now condemning the husband and wife for premature arrival of babies; we are condemning those short-sighted persons who argue for parenthood in every case, who say, in effect, that their "duty" is the all-important thing, the child's health and happiness

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are the matters for the decisions of Chance. I shall always believe that deliberate procreation by persons who know themselves to be in no condition for parenthood is a crime—fully as great a sin as the refusal of parental responsibilities by those who should assume them.

Children are always available. I know some people who raved at the suggestian of adopting a child, and later made the venture a pronounced success. Some women, under the delusion that they cannot possibly love any child not of their own flesh, hasten into maternity. Friends keep telling the woman of thirty that she will be too old very soon, etc., and from this urging—and because she is fond of children—she has a child. Whether she is sick or well, destitute or rich, doesn't seem to matter; she has "done her duty."

One of the strangest things about such a case is that the woman thinks herself unselfish! When we do a thing in order to relieve ourselves of a responsibility is not that self-consideration? If you have a child at thirty when you are in poor health, rather than wait five years until your health is good, for instance, and do this because you think the later experience would be more painful, of whom are you thinking? Remember, the child's health, insofar as it depends on heredity, is detrmined by your condition at the time of conception and during pregnancy—not by what you may become years afterward.

I want to go on record as decidedly favorable to the "own child system" when prospective parents are reasonably well prepared for children. But I want to say that adoption, tho admittedly a "substitute system," is a dozen times more practicable than most people believe.

The older people get, usually, the more they love children. Real parenthood, that is, its first step, becomes impracticable after we get pretty well up in life; and what could be more feasible then than to adopt a kiddie? Don't answer "They should have," etc. We've thrashed that out already; presumably they would have had their own babies years back had conditions at that time permitted. Anyway, here they are now; we can't turn back that persistent old chap with the scythe; it's the problems of today we have to solve.

If we can't have what we want, is it not good sense to accept the "next best"? To the world, in the economy of life, a child's a child; assuming physical and mental equality between two little ones, you, as parents, are the only ones to whom it matters vitally about the parentage. Outside of your own personal attitude in the matter, it makes absolutely no difference whether you care for and guide your own or some other's child; a human life is being saved and developed into usefulness, and that's the aim, from humanity's viewpoint. Not but what your feelings are natural and right; but be honest; isn't your attitude only one element in a

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mighty big matter? If children are worth saving "whose they are" must be of secondary importance.

It is not meant that the childless person, deciding to help in this great cause, should walk out and adopt the first youngster he finds in need of assistance. Such a course might wrong one or both of you. You have a right to, and should, look for the child you want; the more nearly the little fellow suits your ideals the more he will seem to be yours—and the better you will be to him. The child-placing propaganda, like everything else now, has been reduced to scientific principles; its workers can find you any type of child you desire.

"It's too much of a gamble," say some timid persons who have had no experience. It isn't a gamble—or does not need to be; but if it were, gambling gives a winning chance as well as a losing one. As a matter of fact, you can find out a lot about most of the needy little ones; the fact of their being dependent proves nothing but that they have been unfortunate; their parentage may be as clean and honorable as your own. And for pity's sake! if it isn't is it their fault? Between the information obtainable from the child's temporary guardians—or in some cases from his parents or himself—and a physician's or other specialist's examination, all the facts necessary can usually be learned. A good many of the prospective foster parents would have to dodge the examination they subject the little fellow to!

All considered, there is not one half of the common objections to adoption that have any real foondation. As far as the liability of the child later to develop some dread disease, etc. is concerned, exaggeration in this has caused the same erroneous beliefs and extreme fears that it has in most all pathological matters. My investigation and that of others has repeatedly shown the work of alarmists in the compilation of a great deal of our statistics. Certainly, it is well to be careful; but nothing can be gained by exaggerating the dangers.

Some people to whom the subject ot adopting a child is broached honestly believe that they could not learn to love it—that is, as they feel they should. The fact si that they can not help loving it, particularly if the child is very young when taken. Is not the experience of others worth something, and how often do you find a case of failure to love an adopted child? I grant that you may have seen a case or two; but isn't it true that unnatural relations are sometimes found between parents and their own children? If an adult is cruel and unreasonable he or she will misuse any child; such people should not be trusted with the treasure of a budding life.

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A PERVERTED HISTORY

The United States in Our Own Times, 1865-1920. By Paul L. Haworth (Scribner's). One can forgive a dishonest politician, one can smile contemptuously at a dishonest journalist, but when a "learned" historian prostitutes his pen, he commits the unpardonable sin. Prof. Haworth is either an ignoramus, or deliberately perverts the truth. In either case his book is worse than worthless. And yet thousands of students will be fed on it, and they will think they know history. No wonder our colleges graduate so many imbeciles, who know so many things that aren't so.

CONSERVATIVE WOMEN FOR BIRTH CONTROL

Now and then a ray of light penetrates the apparently impenetrable darkness of our social life. After many years of strenuous work and almost superhuman effort, a Woman's Association finally declared openly for Birth Control.

We read in to-day's papers (October 14th), that the Woman's Federation of the State of New York in session in Utica, carried a resolution by a vote of practically three to one in favor of the free dissemination of the knowledge of Birth Control. The resolution stated that "the primary necessity for family and therefore for public health, is an intelligently determined interval between pregnancies, to be secured by regulating the inception of life and not by interfering with life after it starts." And it urged "the speedy removal of all barriers due to legal restrictions, tradition, prejudice or ignorance which now prevents parents from access to scientific knowledge on this subject, as is possessed by the medical profession."

This is the first milestone. Now we expect such resolutions will become quite frequent.

MARRIAGE AS A PREVENTIVE OF CRIMINALITY

Whatever our wits and jokesmiths may say against marriage, all reports seem to be unanimous to the effect that the percentage of criminals among the married is considerably less than among the unmarried.

The Social Hygiene Bulletin for October, 1920, says "that a careful and impartial study of 'Prisoners and Juvenile Delinquents in the United States' published by the Research Division, Bureau of the Census, shows a decidedly low proportion of offenders as coming from the "married" class.

The following table shows the number of criminals per 100,000 of each particular class:

Marital Condition	Males	Females
Single	2,000	199
Married	531	98
Widowed	1,037	146
Divorced	2,380	361

It seems a fair deduction from these figures that marriage is a strong factor making for a law-abiding nation."

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MEDICINE AND THERAPEUTICS

BENZYL BENZOATE IN HICCOUGHS

Dr. David I. Macht of Johns Hopkins, was the first to announce the discovery of benzyl benzoate and of its therapeutic properties as an antispasmodic in dysmenorrhea, etc. He, as well as a number of other physicians, have now found benzyl benzoate (Medical Record) an invaluable remely in the treatment of persistent hiccoughs.

Not only has it been found useful in allaying the ordinary mild forms of hiccough so common in infants, but the drug has been found to be efficient in stopping those forms of hiccoughs which may be termed pernicious, that is, those cases in which the phenomenon persisted for long periods of time, lasting from twenty-four hours to several days, and in which the singultus was unaffected by all other forms of medicinal treatment, both external and internal. The author has collected a series of some ten such cases, of which the following three may serve as illustrations.

Case I.—M. E., age 28, came to the author complaining of persistent hiccoughs which had continued for over 24 hours, without yielding to the ordinary medication in vogue. The patient was given a solution of benzyl benzoate, 20 per cent., and ordered to take 25 drops in water every 4 hours. One dose of the medicine was sufficient to stop the hiccoughs, and apparently cured the patient, as he has had no recurrence since then.

Case II.—A man of 64 years came under the observation of Dr. B. Sacks of the Hebrew Hospital, Baltimore, suffering from persistent hiccoughs, which started several days previously and which could not be relieved in any way. In the hospital various external applications, such as mustard plasters, were tried without any success. Then medicine was given internally, but neither bromides, nor Hoffmann's anodyne, nor morphine, nor any other drugs brought relief. The patient was then put on a solution of benzyl benzoate, and after a few doses the condition was conpletely cured.

Case III.—A woman suffering from postoperative hiccoughs, under the care of Dr. C. V. W., was treated ineffectually with all ordinary drugs. The condition persisted for over a week, the patient hiccoughing sometimes as often as six to eighteen times per minute. After the ineffectual use of all other drugs, she was put on benzyl benzoate and was relieved within twelve hours.

In administering the drug the author finds the most convenient method to be the one originally described by him in his earlier papers.[1] The benzyl benzoate exerts its action

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best when given in a 20 per cent. solution in alcohol. Of this soution the patient is directed to take 20 to 40 drops in water or milk. The author has not found it either convenient or advantageous to administer the drug in suspension in various elixirs or syrups, and administration in capsules has been found by him in some case to produce local irritation, and in others to render the therapeutic action too slow. To children the solution can be conveniently administered in sugar water or milk.

COD LIVER OIL AS A CURE FOR CONSUMPTION

Many, many years ago cod liver oil was considered a specific for tuberculosis, both by the laity and the medical profession; and the cruder the oil, the browner in color, and the more ill-smelling, the more beneficial it was considered to be. After a while the pendulum swung to the other extreme and anybody who had the courage to say that cod liver oil was useful or beneficial in tuberculosis was looked upon as a back number or an old fogy. But as so often happens, the old fogies do not seem to have been entirely wrong in the matter.

Dr. J. C. McWalter in the Medical Press of September 8th, seems to think that cod liver oil does possess a specific influence on tubercle.

"Sir Leonard Rogers," he says, "and others experimenting on certain oils as regards their influence on cancer, have demonstrated that cod liver oil has a specific effect on tubercle and on other acid fast bacilli, like those of leprosy. Yet, granting that cod liver oil can kill tubercle bacilli, does it really get at them in their snug alveolar retreat? Other recent experiments seem to prove this very point—at least that oils, when taken by the stomach, find their way into the lung tissue and stimulate defensive cell formation there.

"It appears to be definitely demonstrated then that the clinical acumen of the older physicians in deciding that cod liver oil often cured early consumption has a sound scientific foundation.

"We now see how absurd was the attitude of the highly-placed medical advisers, who would not admit that cod liver oil was a "medicine" for consumptives, but insisted that it should be classed as a 'food.'"

CERUMEN (WAX IN THE EAR)

Under normal conditions, cerumen, or ear wax, tends to approach the external orifice of the ear where it is removed in the course of the daily washing.

However, the wax may be retained and pushed farther back by obstructive lesions, diseases of the middle ear, the presence of foreign bodies, and last but not least, by wrong methods of cleansing the ear, as, e.g., by using the twisted

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corner of the towel, an earspoon, a penholder, etc. Impacted cerumen may excite desquamative inflammation of the walls, osteitis, perforation of the membrana tympani, deafness, brain disease and death. The retained wax must be removed with the syringe.

Use a small smoothly working piston syringe with a short blunt tip. The fluid to be employed is hot water. The temperature of 110 to 115° F. is generally well borne and less apt to cause dizziness than tepid water. Plain hot water will do. Better is the instillation of a solution of sodium bicarbonate 1 dram to 4 ozs. of sterile water. A solution of common salt 1 dram to 1 pint sterile water instilled at short intervals, will serve the same purpose.

After this, the canal should be gently dried with absorbent cotton and the air shut out with a small tampon of cotton. Otherwise there may be chilling with unpleasant results. Hydrogen peroxide is very efficient and hardly ever fails.

After the removal the surfaces should be thoroly smeared with liquid petrolatum containing menthol in the proportion of 10 grains to the ounce, and a small cotton tampon inserted for a day.

BITES AND STINGS

The following has been found successful in preventing bites of insects, gnats, flees, bedbugs, mosquitos, etc.:

Sulphate of magnesia, one ounce dissolved in 1 pint of water. To be applied freely and allowed to dry on the body without wiping dry.

In those especially exposed to mosquito bites, a stronger solution is recommended: two ounces to the pint, applied to surface of the face, neck, ears, and hands, and permitted to dry without wiping. This leaves a fine powder on the surface of the skin which the most bloodthirsty insect will not attack. The solution is healing and cleansing as well as a preventive. It tends to heal the bites and subdues the inflammation. (Neal)

BLACK EYE

Cases of ecchymosis, commonly known as black eye, recover usually without serious effects. The patient should, however, be cautioned not to blow his nose for 24 to 48 hours, for in blowing his nose he may force air into the adjacent cellular tissue.

Cold applications immediately after receiving the injury will limit the effusion of blood and diminish the extent of the after-discoloration.

Equal parts of tincture of arnica, spirit of camphor, and extract of hamamelis, diluted one-half with cold or hot water, and kept constantly applied on absorbent cotton, held in place by a suitable banlage, favors rapid absorption of the blood and promotes healing. (Morse).

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The beefsteak remedy. When you go to bed apply to the injured eye a raw beefsteak which is to be held in place by a suitable bandage. During the night the raw meat will draw out the heat, and in the morning your eye will be allright. Many vouch for the efficiency of this remedy.

CHILBLAINS

The term chilblain (Lat. pernio) denotes an inflammation and swelling of the toes, fingers or ears. Prevention of further exposure of the parts is of the utmost importance.

A solution of acetate of zinc, 1 dram (4 Gm.) to the pint (500 c.c.) of water is said to give almost instant relief.

Tincture of benzoin in glycerin, one part to four, is a soothing application.

The following has been recommended:

Bathe the affected parts with a decoction of walnut leaves as hot as can be borne, drying carefully and then applying the following powder:

℞ Bismuth salicylate ..... 10 Gm. (2½ dr.)
Cornstarch ..... 90 Gm. (3 oz.)

Ichthyol in 10 per cent. solution or in vaseline is of great value. Tincture of iodine may be painted over the parts every other day. Unguentum cetacei is said to be excellent for ulcerated chilblains. A softened unguentum zinci oleati or unguentum plumbi subacet is useful for broken chilblains.

The following is a good prescription:

℞ Ichthyol ..... ʒ ii
Pulv. camphorae ..... gr. X
Pulv. tragacanthae ..... gr. XX
Aquae calcis ..... ʒ i
Aquae, q. s. ..... ʒ ii
M. S.—Apply every four hours.

The rubbing in of the following lotion allays severe itching:

℞ Glycerine
Rose water ãã ..... 50.0 Gm. (1 3/5 oz.)
Tannin ..... 1 Gm. (15 gr.)

This is another good formula:

℞ Ammon. chlor. ..... ʒ iv
Ac. hydrochlor. dil. ..... ʒ i
Spt. vini rectif. ..... ʒ iss
Aq. destil. ad. ..... ʒ iv

Care must be taken of the general health. Tonic treatment may be necessary. Digitalis and strychnine are of value in this condition.

Foot baths containing small quantities of astringent decoctions of walnut leaves, eucalyptus leaves, oak bark, etc., from 5 to 6 minutes duration, are useful means for preventing chilblains.

THE OVER-VALUATION OF THE WASSERMANN REACTION

While recognizing the enormous value of the Wasser-

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mann test in the diagnosis of obscure or doubtful cases of syphilis, the editor, as our readers know, has always been cautioning against considering it a short cut to or an infallible guide in the treatment of syphilis. More and more syphilologists are coming to accept this viewpoint. An abstract of a Spanish paper in the American Journal of Syphilis (July, 1920, page 577) gives a summary of the views of many syphilologists of the present day. Slightly abridged, the summary is as follows:

The Wassermann reaction has been overvalued in a number of cases. It does not permit the recognition of the existence of syphilis during the greater portion of the stage of second incubation, namely, at the decisive moment for the institution of inhibitory treatment. This inferiority is so much the greater because reliable results are obtained in this stage by means of the demonstration of the treponema. After the onset of the secondary stage, the Wassermann reaction is superfluous, because the clinical symptoms are sufficient. As time goes on, the proportion of the negative reactions increases, even in those cases where the existence of lesions recognizable by clinical means, indicates the continued activity of syphilis, as illustrated by a number of observations. In the tertiary forms, the reaction is likewise frequently negative in the blood, especially in tabes and in general paralysis —the value of the reaction in the cerebrospinal fluid is much more considerable—as well as in aneurysms and the majority of cases of tertiary syphilis. All this is not surprising in a disease which immunizes the organism and in lesions which sometimes contain a small number of treponemas. Even the positive cases may prove misleading, especially in weak reactions, for these may appear in cases where no syphilis exists, either due to technical errors or to mistaken interpretation.

The fundamental truth must be kept in mind that all affections appearing in syphilitic individuals are not necessarily of syphilitic character, so that even in case of a positive reaction, the clinical study of each patient must not be slighted. Based upon these views, the author emphasizes the necessity of attaching great importance to the clinical exploration, especially for the discovery of the first symptoms of visceral involvement, as well as nervous and vascular affections. The early manifestations are apt to be overlooked or not accorded the necessary importance. To render the diagnosis of an established hemiplegia or spinal paralysis is of no advantage to either the patient or the physician, and it makes little or no difference if the reaction is positive or negative, seeing that there is no remedy for the disease. On the other hand, a physician who knows how to examine and who understands the physiopathology of the symptoms, is able to forsee the imminence of the serious dangers and to prevent by his intervention the evolution of certain diseases which in many cases are more to be dreaded than death itself.

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LUMINAL IN THE TREATMENT OF EPILEPSY

Epilepsy is such a stubborn, recalcitrant disease that it becomes our duty to note any advance or alleged advance in its treatment. According to an abstract in the J. A. M. A. (September 25, page 902) luminal—it is chemically phenylethylbarbituric acid—seems to be of real value in the treatment of this disease. Dr. G. Maillard described 16 cases of epilepsy in which treatment with luminal was followed by improvement far surpassing any he had witnessed under other measures. He stated that the results were "really wonderful." He administered it in doses of 3 or 6 grains per day. While his experience dates only from November, 1919, he said that the result justified the highest hopes. In one case he increased the dose for two or three days to 9 grains per day. Half of the dose is given in the morning and half in the evening with a hot drink.

In the discussion that followed the reading of Maillard's paper, the consensus seemed to be that the drug does control the seizures but is accompanied by disagreeable by- effects, such as irascibility, impulsive acts, and even delirium.

Hartenberg had two patients who had been taking the drug for six or seven years and had no further seizures but they became so irascible that he says it is a question whether they have become really benefited. Claude had four patients who have taken the drug for several years and have no further seizures or very slight ones. In one the seizures had been exteremely violent and unrelieved by bromides and decompressive craniectomy.

Our opinion is that while the drug is not truly wonderful, it does deserve a trial in every case of epilepsy.

BISMUTH CARBONATE IN THE TREATMENT OF WORMS

Dr. M. Loeper ordered bismuth carbonate to two patients who were suffering from gastric and duodenal ulcer. The patients were also suffering from pinworms which had resisted all treatment. To his surprise, the drug, besides its effects on the ulcers, had the unexpected effect of completely curing the patients of the pinworms. Since then he prescribed bismuth carbonate regularly and found it very effectual. In four or five days the parasites and their ova disappear from the stools. Sometimes a second or third course may be required. The dose for adults is 10 gm. (2½ drams) on two successive days, for children of 7, 4 gm. (1 dram) for children under 7, 2 or 3 gm. (30 to 48 grains).

MEDICAL TREATMENT OF INCARCERATED HERNIA AND INTESTINAL OBSTRUCTION

A woman of 84 got an incarcerated hernia. As she was suffering with valvular disease her physician did not dare to

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operate (Abstract J. A. M. A., Sept. 25, page 904). He decided to treat her palliatively and had her swallow a tablespoonful of liquid petrolatum every half hour. She began this at 8 a. m. and at 2 p. m. the hernia spontaneously subsided. He has since applied this treatment in fifteen other cases, ordering the spoonful of odorless liquid petrolatum every ten or fifteen minutes, supplemented in some cases with an intramuscular injection of pituitary extract, and raising the foot of the bed to allow the intestine to slide down against the diaphragm and thus relieve the pressure on the hernia, and correct torsion or invagination. Gentle taxis after four or five hours of this may correct conditions; if not, irreducible adhesions or torsion or invagination are probably responsible. He advises the petrolatum at once in all cases of intestinal obstruction as it does no harm, and may render an operation unnecessary.

HAS ALCOHOL ANY VALUE?

Does alcohol possess any value as a therapeutic agent, or as a food, or is it altogether worthless? Prohibition has not answered the question. Will it ever be answered? We don't know, but the question is an important one and it will never be settled until it is settled right. And before it is settled right it will give rise to many more discussions. The section on Therapeutics and Pharmacology of the Royal Society of Medicine, London, has again recently had the subject up on its program and we reprint here an abstract of the discussion from the Therapeutic Gazette (September 15, 1920). The president of the Society, not being a practising physician, admitted that he could discuss the subject only from the standpoint of the pharmacologist, and stated that he would leave the consideration of the therapeutics of alcohol to those who had practical experience. He was skeptical of the importance sometimes attributed to the minute traces of ether and other constituents of wines and distilled liquors, but he announced, very positively, that in his opinion there was no doubt that alcohol has a value as a food, as well as a value as a drug, yielding energy to the body practically immediately after its ingestion and taking the place of an equivalent of starch or fat in this action. He did not go so far as to commit himself to the view that alcohol is a desirable source of energy for the body of the healthy person, but in certain conditions there is no doubt of its advantage since it requires no digestion, is rapidly and completely absorbed, and not susceptible, as are carbohydrates, to fermentation by yeasts and the action of bacteria. For these reasons it is able to supply to a system which is temporarily unable to obtain it from normal sources the minimum of energy necessary to enable it to carry on, and tide over, a critical period. In connection with its employment as a so-called stimulant, Dale admits the correct-

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ness of pharmacological research, which indicates that it is not a stimulant in the ordinary sense of that term, but it does affect the circulation very materially, dilating the superficial vessels and in many instances restoring circulatory equilibrium.

We are interested to note that Dale emphasized the importance of differentiating between results which are obtained by the ingestion of alcohol on the part of normal animals or man and its employment in those who are ill, and that its habitual use in treating syncope and collapse is not due to a stimulant effect but to a removal of severe central inhibition. This seems to him to be the explanation of its value, and in pneumonia he appears to think that abnormal reflex irritability of the respiratory center impairs the oxygenation of the blood, and that alcohol by restoring a quiet, deep, effective respiration ought to be of use.

On the other hand, Dale has no confidence in the view that alcohol is a sort of specific against infection, particularly influenza.

Discussing alcohol as a digestive stimulant, Hutchison stated that there was a general agreement amongst clinicians that alcohol is undoubtedly a food of special value, particularly in diabetes and prolonged fevers; that it is a digestive stimulant often useful in cases of impaired appetite, gastric atony, and in convalescene; that it is also useful as a carminative in severe cases of flatulence; that its effect in dilating superficial blood-vessels is of use in combating the effects of a chill, as well as in rigors; and that it has value in helping to reduce blood-pressure during an attack of angina. The drug also is of value because of its narcotic action in some cases of insomnia, especially is old people and in the delirium and restlessness of acute illness. Hutchison believes that its value in acute heart failure, as in syncope, depends upon its reflex stimulating effect. By quieting restlessness it is also indirectly of value to the circulation. His view is also that there is some reason to believe that in septic infections it increases vital resistance, a fact that the writer proved some years ago.

No less a well known authority than Hale White agreed practically with all the views so far expressed. A glass of wine taken with a meal he thought was advantageous when a patient was weak and "on edge." It would not only quiet him and promote digestion, but do no harm, and he said he had never known an alcohol habit formed from taking it during convalescence. Using scientific terms he cleverly summed up the views of many other human beings when he stated that the chief therapeutic value of alcohol was as a pleasant depressant peculiarly efficacious in inhibiting peripheral sensations such as slight pain and discomfort, and by its slight cerebral depressant effect diminishing the trivial

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worries that bother the sick. Concluding his remarks, Hale White stated the well known fact that brandy was the best alcoholic preparation in diarrhea, and that old brandy had superior therapeutic effects over that recently made.

Leyton, discussing the value of alcohol in diabetes, showed from clinical experience that its addition to the diet greatly increased the energy of a patient, enabling him to take more exercise and to gain weight.

Langdon Brown expressed a view in accord with Leyton, and also said that it was his belief that it increased the secretion of the gastric juice, that it added to the patient's comfort when ill by removing nervous irritation, and he agreed with Willcox's view that the administration of oxygen gas passed over brandy contributed to the recovery of some cases of pneumonia.

Esther Harding in concluding the discussion stated that in the case of children the uses of the drug fell under the same headings as in adults: (1) In respiratory embarrassment, especially the rapid, shallow, inefficient breathing of broncho-pneumonia, alcohol quieted the respiration and so made it more efficient. It was true that the indication for the use of alcohol was commencing failure of the right heart, but the effect of the drug was not to flog the already overburdened heart, but to relieve it of some of its intolerable burden by slowing the respiration and improving the oxygenation of the blood. (2) Alcohol was, in her opinion, the most valuable sedative and hypnotic drug we possessed for infants and young children. (3) As a food in cases in which no ordinary diet could be taken: (a) in milk intolerance of marasmic infants alcohol would sometimes tide a patient over a few days till milk or whey tolerance could be re-established; (b) in the persistent late vomiting which killed so many patients after severe diphtheria. She has kept a child alive on more than one occasion under such circumstances on saline, brandy, and sugar, given by the stomach, for three weeks. A word of warning on the danger of the persistent use of alcohol in young children was hardly needed, and it is wise to remember that small doses of spirit given to an infant over a period of weeks might easily result in damage to the liver.

A GOOD AND USEFUL BOOK

The Human Cost of the War. By Homer Folks. Harper's. Homer Folks was a strenuous and ardent war worker. He was no conscientious objector and he did not oppose the war. That makes his volume so much more valuable. He pictures war for what it is. Many people who were participating in the war in order to make the world safe for democracy are beginning to tell the truth about it all. Of course he can not tell us all the costs of the war—that nobody can. But what he does tell is sufficient to make any decent man hate war with every fibre of his soul.

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CRITIC AND GUIDE

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It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

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EDITORIALS AND EDITORIALETTES

SIXTY-FIVE DAYS IN EUROPE

By the Editor

[For many years the Editor had been in the habit of describing his annual vacations. The war interrupted his excursions, as it interrupted many other things, and this is his first European trip since 1914. The descriptions are intended for the Editor's personal friends and for those of his readers who are interested in his personal movements, in his goings and comings, in his thoughts and feelings. Those not so interested are not obliged to waste their time on a perusal of the following pages. I warn them that it is a personal tale intended for personal friends, and they will have only themselves to blame if they find the story too long and the details boresome. It is just what friends are interested in—details.]

Whoever wishes to travel abroad should stay home.

Travel, once the cultured man's great joy and surest means of recreation, has become a hardship and a nuisance, and, now and then, a nightmare. How long this condition will last, Allah only knows. When the bureaucracy puts a rope—even if the rope is but a piece of red tape—around the people's necks, it is hard to induce it to take it off, even when the alleged reason for having put it on has long ceased to exist.

It would be difficult if not impossible, even if it were desirable, to describe the trip without referring to the war, for the war stares you in the face on every step. It might perhaps be possible to forget the fact that there has been a war in the United States. It is impossible to do so in Europe. It is woven into the life of every human being, old, middle-aged, young and newborn, male and female, rich and poor. But even in the U. S. you find that we are still at war the moment you wish to get beyond its borders. In former years no passport of any kind was necessary to go to Europe. But as a matter of convenience, for the purposes of identification in receiving regis-

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tered mail, money orders, etc., it was advisable to take a passport along. Suppose the time for my European trip was approaching, and I decided to get a passport—what was the procedure? I press the button and tell Miss S. to get me an application blank when she goes out for lunch. She brings two copies, for which she paid five cents. I fill out one blank, ask her to take it over to the notary public in my bank, and after he attended to it, to mail it with one dollar to the State Department in Washington. In two days, or at most in three, the passport is brought to my home by the faithful letter carrier—all at the expenditure of a dollar and five cents in money and fifteen minutes of time. Have you tried to obtain and to visa* a passport now? You are lucky if you do not have to. If you do, you will need all the time and all the patience you have at your disposal. If you have not a plentiful stock of both, you will have to borrow some. Only I must hasten to add that if the red tape is a mile long here, it is nine miles long in Europe, the difference being that they are so nice and polite about it in Europe, while our officials are rather apt to be rude and curt, particularly to foreigners. Yes, it is a distinction worth noting: Here we are apt to be polite to natives and rude or at least disobliging to foreigners; abroad they are much more polite and accommodating to foreigners, particularly Americans, than they are to their own people. When will come the time, when people, especially people in positions of power and authority, will be polite and gentle and accommodating to everybody, regardless of nationality, religion, language, cut of hair and quality of clothes? I do not know when the time will come—but it will come, it will come.

My desire to get away was very intense. I felt that I had to have some change and rest, or I would go to pieces. I was approaching the end of my rope—beginning to live on my nervous capital. Something one should never permit himself to do. For, really speaking, whatever you may think to the contrary, I have not had a vacation in eight years—not since 1912. True, I was in Europe in 1913 and 1914—but in 1913 I got an attack of appendicitis and had to be operated on on my return home, and in 1914—why you know what happened then. We were caught in the war, and the advent of that butchery was worse than seventeen attacks of appendicitis. In the summer of 1917 I spent two months in Hawaii—a beautiful place, conducive to rest and peace of mind. But that was soon, almost immediately, after the man who had kept us out of the war had changed his mind and turned about face, and *that* was no time for rest or peace of mind—not for me, at any rate. Altogether the six years from August, 1914, were terrible years for me, and I felt the need of a complete rest and change of scene very keenly. And then I was very eager to see post bellum Europe with my own eyes.

*I use *visa* and *visé* indiscriminately.

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In former years, when I'd decide to go to Europe I would call up our steamship agent, tell him the approximate date and the character of the accommodations desired, and everything was attended to. But now that the demand is so much greater than the supply, agents are an unnecessary luxury, and so we had to attend to the matter ourselves. After a dozen letters to different companies, we succeeded in securing excellent accommodations on the *La France*. We were lucky that we started early in February. Those who started to look about for steamship passage in May or June had great difficulty in securing any—some could do so only by paying heavy graft to some steamship clerk or official; some could not secure any at all, for love or money. After we felt secure of our passage across the ocean, we started to secure a passport. We found we had to go down, way downtown to the Custom House. We got there—just a few minutes past four. Closed. We had to go another day. After filling out the blank satisfactorily, we found that we had to have a witness who was no relative of ours. We had to go again—lose another half day. And then we had to get a letter from somebody telling that I have some valid reason for going to Europe—as if people would go and spend a lot of time and money without some reason. Finally the coveted passport came, and there began the farcical but extremely time-consuming process of viseing the precious passport. At the custom house we inquired the address of the French consulate. They told us in 40th Street. We got there. Yes, but passports are now visaed at the French dock—West 15th Street. But it would be too late now. So we went the following day, and it was raining too. Got there about 12.30. Yes, passports are visaed here, but *all the three* gentlemen who attend to the business of visaing passports are out for lunch, and will not be back until 2 or 2.30. They still keep up the European custom of taking two hours for lunch. Would it not be more sensible and more accommodating to the public if only one went to lunch at a time? Yes, but he can not make their rules, said the doorman. I imagine that they enjoy their lunch better when they lunch all three together. I am not begrudging it to them, but I did not like the idea of having to come again to dock No. 59. But what can one do? And so it was almost with every visa. To the Italian consulate we got in time, and we thought everything was all right—but then they demanded extra photographs—the photographs on the passports were not sufficient for them. And that meant going once more to 22nd Street. In the Swiss consulate the visaing took only about an hour, but then you had to leave your passport overnight and come or send for it the following morning. (Why?) The quickest visas were the Belgian and the English. The cost ranged from 60c (Belgian) to $2.88 (Italian). The Dutch visa was the worst. There was a boorish fellow in the office and he said that the visa would take at least five days and the cost was twenty dollars per *each* person. I told

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him to go to blazes and that I would get along without his visa and without his country. And I did. I detest graft, as you know, and submit to it only when it is the only possible way out. To charge twenty dollars for a visa per person is graft, pure and simple, and as I have been in Holland and it is to me one of the most prosaic countries in Europe, I decided to do without it. But why Holland should put difficulties in the path of prospective visitors and try to graft on them I don't know. She suffered not at all during the war; in fact, her war profiteers, they say, are proportionately more numerous than those of any other country. She has plenty of food, the exchange value of her gulden is very high—so why keep up these stupid red tape war measures?

Finally, after spending a lot of time, we secured the utterly useless visas of the various countries that we intended to visit. One more visit we had to pay to the custom house: to secure the certificate of having paid our income tax. But at last it was all over. Our time is our own, and tho we may resent it, we still can afford to spend all the time that may be necessary. But how about those who are employed somewhere, who have to work until 4 or 5 in the afternoon! How can they afford to spend several mornings and afternoons? And yet we have been told that many of the poor foreigners who wish to return to their native countries have to spend *several weeks* before they secure the proper document. Wrong, wrong, wrong.

Our steamer—*La France*—was to sail on June 9; on account of the dockers' strike in Havre the sailing was delayed. The company couldn't say just when the boat would sail—just as soon as the strike was over. We had plenty of trouble in securing accomodations—were we going to be cheated out of our trip? We waited impatiently for word from the company. On the 18th we received a telegram that the sailing would take place on the 21st; two days later—another telegram—the boat would sail on the 23rd, and this was once more changed to the 24th. On Thursday, June 24—so says my diary—the *La France* actually did sail with us, that is Mrs. Robinson and the editor on board, and just seven days later, July 1st, it landed us in Havre. And that is about all the time we are going to give to the trip across the pond—for there is nothing to report. The crossing was peaceful and dull. The people were nice, colorless and dull. There were no celebrities on board, unless you wish to class among celebrities such people as Blasco Ibañez of *The Four Horsemen of the Apocalypse*, and Mrs. W. K. Vanderbilt, etc. We made not a single acquaintance, and spent the week on deck, or in bed, reading. The usual diversions on board ship—games, dancing, etc.—were here conspicuous by their absence. Crossing the ocean is evidently becoming a very prosaic performance. The old-time romance has flown. Will it return?

On the day of the arrival of the steamer at Havre we had our first experience with the passport nightmare; with all other

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European travellers we were to enjoy many similar experiences. If one wants to possess unimpeachable proofs of the stupidity and callousness to the public's comfort of all bureaucracy, without distinction of race, color, religion, or sex, let him travel through Europe now. Among other things he will become less severe on his own country. For two hours we were packed like sardines in a box—and this is said in the literal and not in the figurative sense—in a long, narrow hall, which permitted exit through a narrow passage only. Why the thing was not done in the large dining room or in one of the large salons of the *La France,* I don't know nor does anybody else. Very slow headway was made because the one official who looked at the passports took the matter seriously and examined the passports very minutely, as if he expected to capture some real criminals. After thus gravely examining the passport he handed it to another official who as gravely put a rubber stamp, to the effect that he saw the document. Of course, the whole thing is a wretched useless farce, but as stated we had to undergo similar farces dozens of times. How much time it consumes, how much annoyance and discomfort it puts on the thousands and thousands of harmless passengers, how much of a financial burden it uselessly throws upon the travelling public, would form an interesting theme for an expert statistician. But a hungry bulldog does not hold on more tenaciously to a piece of meat than does bureaucracy to a privilege. (Why don't they at least have the proper number of people to attend to the farce?) At last we could escape from the suffocating narrow passage, the passport was duly examined and stamped, our baggage was O. K.'d at the custom house and was brought to our compartment on the "Special" train for Paris. It was certainly a "special" train. It was scheduled to leave 3:23. It was five o'clock when it left. The journey to Paris is supposed to be made in four or four and one-half hours. It was 11:30 when the "special" at last crawled into the Gare St. Lazare. And then we had our first experience with post-bellum Paris taxi-drivers.

If you think that on arriving at a French station and seeing a taxi, all you have to do is to hail it and you will get it, you are still thinking in pre-war grooves. There may be a dozen taxis standing, the drivers will act as if they were deaf, dumb and blind. And if you will approach one and make an attempt to get into one, the chauffeur will tell you that he is engaged. He will incidentally ask you, however, where you wish to go. And if the distance is a very short one, he will take you there for 15 or 20 francs, though on the taximeter the fare will only amount to one or two francs. In short, he tells you that he does not care a rap for the taximeter; if you will pay him his price—which he does not turn in to the company—he will take you; if not you can look for another taxi. And as you have baggage and it is late at night, you submit to whatever graft may be demanded. Paris is permeated with

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graft, but of all its petty grafters its taxi drivers are the worst. When you are without baggage and the day is nice, you have little trouble, except that he may haggle or grumble a bit about the size of the tip. But when you have baggage, or it is late at night, or it rains, then you learn the extent of the meanness of human nature, at least the human nature of a taxi driver. When it rains, you will see dozens of empty taxis pass, and you may hail the drivers all you want, they don't see, they don't hear you—and they look at you all the time. They seem to take a special delight in letting you stand in the rain, while they leisurely look on or pass slowly along the boulevards. That is their revenge on the bourgeoisie. I may be personally biased, and no doubt there are exceptions, —in fact, I know there are—but as a whole chauffeurs or taxi drivers constitute morally the lowest class of workers. Whether it is because the lowest class is attracted specially to the chauffeur's trade or whether it is because they get demoralized while engaged in that occupation, I do not know. But the fact seems to me undeniable, and I have seen the truth of it corroborated in every country that we have visited.

We finally did secure a porter and an auto, and a little after midnight we found ourselves in our room in the Louvre, tired, hungry—there wasn't even a smell of a diner on that "special"—and sleepy but glad to be on terra firma. Early the next morning we went out to renew our acquaintance with the City of Light. I must say that the name the City of Light must apply to Paris in another sense than the physical one. For at night the city is dark, and in the daytime, all the time we were there the sky was overcast; it rained every day—some days it rained all the time, and all days it rained some of the time. After three or four days the umbrella became a part of us, the same as the passport. We did not venture to go out without the one or the other.

PARIS

I shall try to give you my impression of Paris, as I shall of Berlin, Vienna, Prague, etc. I do not, of course, claim to have made a thoro study of the economic, social and cultural conditions of the various countries we have visited. What I present to you is merely an open-minded tourist's impression, a tourist's, it must be stated, who was primarily concerned in his personal comfort. But I kept my eyes open, I spoke to the people in the trains, conversed with the waiters at the various hotels, asked questions of working people in the street cars and was on the lookout for things. This was distinctly a trip for rest of the body and soul, and I therefore made no slumming expeditions and attended no radical meetings. And so you will have to take my impressions for what they are worth. They may

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be worth little, and they may be worth more than the reports of the special missions or commissions sent at government expense. For I have no axes to grind, and no case to prove or disprove.

So then. Spiritually, Paris, and that means France—for, while Washington is not the United States and Berlin is not Germany, Paris *is* France—has deteriorated. Like all countries after a victorious war it has become grossly materialistic, reactionary and honeycombed with graft. The graft has affected both civilian and bureaucrat alike. For everything you want done, you have to pay, even if you are fully entitled to it. If you don't pay, the thing will be surrounded with an interminable length of tape of the well-known red color. The tipping system evil is more widespread than ever it was, and the *pourboire* is not expected as a favor, but is demanded as a right. I repeat, spiritually France has not been improved by the war (no country has); but materially, economically, it *seems* to have benefited greatly. There are no signs in Paris that a horrible war lasting over four years was terminated less than two years ago. The people on the streets look prosperous and well fed. The children look healthier than I ever saw them look before the war. The men and women are well dressed; and I am speaking here not of the rich and the middle classes, but of the "people." Contrary to the popular impression, French women in general (I leave out the actresses, the demimondaines and the very rich) did not dress well. But a decided improvement could be noticed in this respect. As to food, with the exception of milk and butter, there is an abundance of everything. And I do not draw my conclusions from the meals at first-class hotels. We ate several times at a place patronized exclusively by middle class and working-class Frenchmen and the food was abundant and cheap. Things are dearer than they were before the war, but they are cheaper not only in relation to the dollar, but in relation to the wages the people receive. Intellectually, the country is dozing. During the past six years not an outstanding book or work of art has been created. With the exception of some things by Romain Roland and Barbusse the literary field is barren. Chauvinism blights art as well as science. I am not an authority on other sciences, but in medicine France has not done anything worth mentioning, neither during nor since the war. As to the daily press, I was glad to see the French newspapers were just as wretched, just as vicious and unreliable as our own. If the *Matin* is eight times less bad than the New York *Times*, it is because the *Matin* consists of only four pages while The *Times* has 32. As *newspapers* the French papers are decidedly inferior to our own, as well as to the British, German, and even Italian.

Only too often is a victory the beginning of a disastrous defeat. Is France marching towards another defeat, equalling or exceeding that of 1871? Let us hope not. Let us hope

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that she will soon come to her senses, that she will cease to be dominated by the two shameful feelings—fear and revenge—that she will refuse to be guided by her Millerands, Poincares, Tardieus and Foches, but will put at her helm men of broad vision and humanitarian ideals, and will once more be in the vanguard of progress and civilization.

Yes, France has ceased to be the champion of liberty and the nursery of ideals, but Paris as a city still remains, and probably forever will remain, the city beyond compare. Nothing can compare with its streets, its buildings, its bridges, and the life of its boulevards. How would Paris look without its cafés? We were in Paris in July, 1914. There was no suspicion of any war, and the cafés were packed with gay crowds. We were there in the end of August, 1914, when the guns could almost be heard outside the city walls, but the cafés were packed with crowds, tho the crowds were far from gay. The city had a funereal appearance. But now the war is forgotten, and the cafés with their numerous tables on the sidewalks are more crowded than ever, and at the popular places people have to struggle for a table.

BELGIUM

After nine days even Paris began to get somewhat monotonous, and so we decided to take a trip to Belgium. If Belgium ever had a war, she has long forgotten it. If Paris had everything in abundance, Brussels had everything in superabundance. We were told that we would find Brussels much gayer than Paris, and such proved to be the case. The country seems to be enjoying great prosperity. The women are dressed—or rather undressed—to kill, the cafés and restaurants are doing a rushing business, and the night life, they say, beats the night life of Paris at its best. The most satisfactory and best prepared meals during our entire European trip we had at Brussels. We were sorry to leave it on that account, but a real longing for it we began to experience only after we had been a few days in Berlin. Good food is not of prime importance; but after you have had a few poor meals, unsatisfactory both in quantity and in quality, you will begin to appreciate the importance of a good meal. But I must not anticipate. From Brussels we went to Louvain and we spent a very pleasant day there. There you see some real signs of the war. The ruins of the University Hall and Library remind you somewhat of the Coliseum at Rome and of Pompeii. And that is the way the inhabitants seem to look at it—as ancient history. Mrs. Robinson was particularly enchanted with Louvain and expressed a desire to live there permanently. The following day we spent in Ghent, or as the French and Belgians call it—Gant. An old but dull and uninteresting town. We were sorry we went there—but our regret may be due to the fact that soon after we got to the town we met a "black Maria" filled with prisoners who were being taken to court.

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When you are travelling for rest and pleasure, when your head is in the sky, you hate to be brought in contact with ugly, cruel reality. It spoiled for me that day, and several days following. Maybe some people can see a black Maria, a prisoner or a jail with indifference. I can't, and I hope I never shall become so callous as to view society's blunders and crimes, her cruelties and failures with indifference. Years ago a beautiful trip to Italy was marred for us because on the road we met a number of prisoners chained by their feet to each other, and with their arms outstretched and embraced in iron frames. It was an ugly spectacle. And some people laughed at the sight!

We went back to Brussels where we stayed another day and on Wednesday, July 14, we returned to Paris. The train between Paris and Brussels used to take 4 to 4½ hours; now it takes 6, because an hour and a half is wasted at the French Belgian frontier in examining passports and the small baggage. It is well that the small baggage is examined in the compartment, saving the people the trouble, labor and nuisance of having to drag their baggage to the custom house. Unfortunately the same liberality does not prevail at some of the other frontiers.

We arrived in Paris at 8 P. M. and of course it was drizzling. Didn't I tell you it was raining in Paris every day we spent there? They were shooting off fireworks—it was the 14th of July, the day of the destruction of the bastile, the French National holiday. As we were sitting at a café Mrs. R. and I recollected that it was *just twenty years ago to the day* that we arrived in Paris, to attend the universal exposition What a wonderful 14th of July that was, in the year 1900! What spontaneous gaiety! What dancing in the streets. What lantern parades—the people really seemed to enjoy themselves. The "celebration" this year was a flat failure. Is it because we were twenty years younger, or is it really so? I don't know, but it seems to me that the people all over the world are losing their capacity for enjoying themselves. Perhaps it is because they are beginning to think, beginning to be filled with a rebellious spirit. I love universal expositions or World's Fairs. It brings the various races and nations together, and for a time you believe you are in fairyland. During the exposition of 1900, there was already talk of another still more wonderful exposition in 1920. And we promised ourselves to be present. We kept our promise to be in Paris in 1920. But there was no exposition there—thanks to the war. Will there be a world's fair in 1930, or will the international hatreds prevent international expositions for many, many decades?

SWITZERLAND

On July 16 we took a sleeper from Paris for Zurich, which is situated half an hour from Baden, which was to be our refuge for the greater part of our stay in Europe. On the

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train we noticed something—a small thing, but worth noticing as a sign of the times. All cars as you know are provided with an alarm signal, the legend under which reads: In case of emergency pull the handle. In European trains this legend is printed in several languages; in the train we were in it was in English, French, German and Italian. But the German was rendered illegible by being pasted over with a piece of paper. Only by scraping off the paper could you see what was underneath. Whether this attempt at the elimination of the German language was made by official order or was due to the individual initiative of an overzealous employé I don't know. Probably the former. And such signs of international amity one comes across right along.

We left Paris at 8 P. M. The last day there are always many little things to attend to, and so we were pretty tired, and at 10 P. M. we were peacefully asleep. We would have probably continued in this blissful state until our arrival in Zurich. When we have nothing on our mind we sleep nicely in Pullmans and on ocean steamers, better than at home in an immovable bed—but at about 4:30 A. M. we were awakened. We were approaching the French-Swiss frontier, Delle, and we had to have our valises and passports examined. In former years you were examined at one frontier—the frontier of the country you were entering. Now you are examined twice at every frontier—the frontier of the country you leave and the one of the country you enter, and as there is a separate examination, usually in different places, of the baggage and of the passports, you have to undergo four examinations whenever the foolish idea gets into your head to cross from one country into another. Oh, yes, and there is a fifth examination, to find out how much money you are carrying with you. Luckily the examination took place in the coupé and was quite perfunctory. But that was because we were travelling first class in a sleeper. People who were travelling third class had to carry their baggage to the custom house. And as I saw men and women dragging their bundles and valises to the *douane* this early morning, when the sun was scarcely silvering the cloudy sky, I thought to myself: "And this is the democratic equality created by the war?" If an official can come in the coupé and examine the baggage of the first-class passengers, why can he not do the same with the passengers travelling third class? And twenty minutes later when we came to the Swiss frontier—Porrentruy—the same procedure was repeated. Swiss officials came into our coupé, and asked if we had anything to declare and, on receiving a negative reply, left, but people travelling third-class had to drag themselves with their bundles and valises to the custom house. We are yet some distance away from real equality.

We arrived in Baden in due time, our rooms were ready for us, and there we stayed a whole month. Baden is a charming place, and is an ideal spot for a rest. The hotel we stopped

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in is situated in an immense park of its own, and the month we spent there was one of frankly vegetative existence. We took our three meals regularly, enjoyed our daily thermal baths, read the newspapers, and sat around in the garden, or when it rained, in the large, pleasant lobby of the hotel. Now and then we wrote something for THE CRITIC AND GUIDE, or for some other magazines. It is the only place in Europe where we had a real rest, and the rest did our body and soul good. When we left Baden our nerves began to lose their frazzled condition. If we had stayed there another month we might have fully recovered.

Switzerland isn't Switzerland to us without a visit to the Bernese Oberland. And so we left Baden, for a while, and took a trip to Lucerne, from where we visited the Bürgenstock; from Lucerne we went to Interlaken; but on the way we stopped off for a few hours at the village of Brienz. I have a warm spot for this homely village, for twelve years ago we spent there a month in a very modest hotel, where we wrote *The Story of Professor Beaumont*—the last story in *Never Told Tales*. We went to the hotel—the landlord and the landlady were away, but we found there a buxom young woman, from whom we ordered *Thé complet*, which we enjoyed very much. We told the young woman incidentally that when we stopped there last time there used to be the landlady's little girl, about six years old, running about the place. "What has become of her?" "That's me," she answered, and we were genuinely surprised, which was silly, for if a girl of six or eight has twelve years added to her age she is bound to become bigger and older. But the picture of a child becomes imprinted on your brain and it is psychologically impossible not to be surprised to leave a child and find it on your return a young man or woman, or to leave a man or woman in their prime and find them gray and bent and life-weary. From Brienz we went to Interlaken—what a different Interlaken from the one we were used to; but of this later—from Interlaken to Grindelwald, from there to Alpnachstat, from where we ascended the Pilatus.

We reached the Pilatus—about 7,000 feet above the level of the sea, about 6 p. m. If the view was beautiful then, it paled into utter insignificance by what was to greet our eyes early the following morning. We saw the most magnificent sunrise that we ever saw in our life. The manager of the hotel at the top of the Pilatus said that we were fortunate to witness such a sunrise because he himself did not often have such good luck. At four o'clock the Pilatus became alive: doors began to open and close, people were coming in and out, and yodel songs were echoing and re-echoing over the mountain. At 4:15 we jumped out of bed and at 4:30 we were outside and we saw people like a mass of insects crawling up the mountain side. Those were pedestrians who started climbing the Pilatus about 2 or 2:30 in the night so as to reach the

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summit in good time to see the sunrise. A number of people who had come up still earlier were lying on the benches outside or on the stony ground and sleeping soundly. How they could do it, I don't understand. I did not feel any too warm in the hotel covered with a feather bolster, and now I felt quite chilly in the overcoat, while here these men and women were lying on the ground without any covering and evidently not afraid of catching their death of cold. Must have a very good circulation. When the sun came out later and you could distinguish faces, we saw that practically all the people were Swiss, with a small sprinkling of English and Scotch people. It was about five o'clock when the mighty sun began to illumine the sky with a million gorgeous colors, and the scene that then presented itself to our eyes I shall not forget if I lived to be a very old man. The entire mighty chain of the snow-covered Bernese Alps came gradually into view and stood forth clear and distinct, as if chiselled. Thousands of feet below, the lake of Lucerne was lying like on the palm of the hand, and the city of Lucerne like a collection of toy houses, and the sea of clouds underneath—it is unforgettable. It is foolish if not blasphemous to attempt to describe the scene, but it was a scene of indescribable beauty and grandeur. And how it kept on changing! Every five minutes the mountains, the lakes, the clouds presented a different scene, painted in a different color. At this early dawn of Sunday, August 8, 1920, I passed some of the most exalted, most nobly peaceful hours of my life.

And I could not help thinking: How beautiful is nature and how vile is man. There is beauty enough in the world for everybody, and there is food enough for everybody—but the vicious and the stupid will not have it so. They want to grab everything, and for that reason they cause countless suffering, agony and death. Just now while we are inhaling thru every pore the beauty of this incomparable scenery, the foolish Poles misled and forced by vicious and corrupt imperialists are shedding their own blood and the blood of their Russian brethren—and all for what? How much saner and nobler to climb the top of the Pilatus to witness a most wonderful sunrise than it is to climb "over the top" to murder your fellow creatures who have done you no harm! And how much sweeter sounds the Yodel song on the long Alpenhorn than does the military music on the brass trumpet calling to the cannon fodder to destroy each other. We stayed on the Pilatus until ten o'clock, greedily drinking in the pure air and the beauty of the scenery, enjoying the animation and the gaiety of the Alpine climbers, and then we went back to Alpnachstat, from there to Lucerne, and from Lucerne back to Baden where we stayed until we left for the pitiful city of the starving and the dying.

Switzerland has the same mountains and the same lakes and the same incomparable scenery, but it is not the same Switzerland that it was before the war. It is no longer a cheap country to travel in. Thousands and thousands of people from

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all over the world would go to spend their vacation in Switzerland, because including the fare they could do it as cheaply as if they stayed home. Alas, this is no longer the case. Living is now dearer in Switzerland—particularly considering the exchange which in Switzerland is practically as high as it was before the war—than it is in France, Belgium, Germany, Austria, Czecho-Slovakia, etc. It is true, living in Switzerland before the war was too cheap. It was an unceasing wonder how they could afford to give the splendid hotel accomodations and the meals at such low rates, but I fear they are now making a mistake in the other direction, a mistake which is sure to result in keeping away visitors. No doubt these higher prices have already had some effect on the number of visitors. In the height of the season the Swiss hotels were always full—this season they were practically all empty, and many hotels were altogether closed. Of course, the higher prices were not the only cause; perhaps not even an important cause. Thus the French, formerly numerous visitors, did not visit Switzerland because they were mad at it for daring to have persistently maintained its neutrality; the Germans and the Austrians—also numerous visitors before the war—did not have money for a meal at home; the Russians who used to overrun Switzerland were entirely eliminated; but some effect it undoubtedly had. The largest contingent of foreigners was constituted by the Dutch. They made lots of money during the war, the value of their gulden is very high, and they are but a short distance from Switzerland. Another factor in keeping away visitors was the insane red tape surrounding the passport business. In every town, every village or hamlet you visited you had to present yourself to the police, coming and going. The hotel keepers were furious at these regulations and finally succeeded in having them abolished—on July 15—but it was too late. The word had gone abroad that the Swiss passport regulations were severe and complicated, and that acted like a wet blanket. People will still be going to Switzerland, because that little country possesses advantages which no other country does, and its *pensions* and hotels are still not extravagantly high; but its shops will be closed to the patronizers, unless they make a radical reduction in their prices—of this I am certain.

I spoke to a number of Swiss about these high prices—the explanation has been uniformly the same: high price of labor. "They charge you a franc for hammering in a nail; they insist upon the 8-hour day, and when they come to do a job, they count in the time coming and going." Everywhere the same complaint. And yet, yet—personally I consider no vacation a vacation if it does not take in Switzerland.

A NATION IN DISTRESS

Nine depressing days. The nine most depressing days of this trip or of any trip that we have ever made were the nine days we passed in Germany. It was pitiful in the extreme. To

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see a hungry man is distressing, to see a hungry woman is heartbreaking, to see a hungry child is horrible; to see thousands of men, women and children asking for bread and to know that an entire nation is constantly in a chronic condition of semi-hunger takes all the starch out of you, and you cannot help feeling depressed and miserable; and to the feeling of miserable depression there becomes associated a feeling of resentment, knowing as you do that the hunger and misery are quite unnecessary and could be easily relieved if people were not such cruel, callous, revengeful beasts.

We stopped and took our meals at two of the very best of Berlin's hotels: the Bristol and the Adlon. For the room we paid 250 marks per day (an enormous sum for anyone who hasn't any dollars to exchange) and the meals (without wine which we do not take) came up to 75-150 marks each; and yet we were always in a condition, if not of actual hunger, of decided dissatisfaction; there was a feeling of emptiness which nothing seemed to satisfy. And that is because they haven't any decent, substantial stuff. Of course they have not a drop of cream, and no milk (their milch cows have been taken away by the French and the Belgians); the milk they do serve is extremely diluted condensed milk; butter they sometimes have and sometimes not. When they do have it, they serve it in such thin slices that more than once I thought it must have been cut with a microtome. And the bread was the worse part. The nation is on a bread ration and one never had enough. The bread there was of poor quality. The meat was scanty and of very inferior quality. They have forgotten how a beefsteak looked or tasted. At breakfast many of the hotel guests bring down with them jars of jam, marmalade, butter or cheese. They use as much as they need and the balance they carry back to their rooms. And it is now considered perfectly proper. Imagine guests at the Astor or the Ritz-Carlton carrying with them supplies for their breakfast! We considered ourselves lucky that we had brought with us some plum jelly from Switzerland; it helped out. One of the most painful things in the hotel was the waiters. For the waiters were and looked hungry! Many of them looked not only starved but starving. It is bad enough to be hungry, but to be hungry while handling and serving food is a positive torture. And this torture the hotel and restaurant waiters of Berlin must undergo several times a day. Every atom of food must be accounted for, and they are watched carefully that they do not touch any food illegitimately. The lean bodies without an ounce of adipose tissue, the skin tightly drawn over the facial bones, the extremely pale, waxy color—all this gave them a ghostly, cadaverous appearance, and produced such a painful impression, that you lost the little appetite you had, and you ate just because you had to. I spoke to a number of them and they confessed that they were always hungry. Of the bellboys many looked like wax-made midgets; several whom we asked their ages

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proved to be several years older than they looked. Oh, it was pitiful!

And when you walked in the streets you were accosted on every step by people who asked you to give them something to appease their hunger. And they were not professional beggars, either. Any one who has *eyes* could see that hunger was gnawing at those people's insides. Mrs. R. never walked out from the hotel without a little bunch of marks to distribute to those who accosted us or to war cripples that you saw on every block.

If the food is so unsatisfactory in the first-class hotels one can imagine how the poor are getting along. And indeed their condition is most deplorable. The insufficient quantity has produced a condition of chronic under-nourishment with its resultant disorders, while the poor quality of the bread and other staples is responsible for numerous gastro-intestinal disorders which have as their result a very high mortality. I spoke to the secretary of the Scientific Humanitarian Committee and he said something which seemed to me very pathetic: "Since 1916," he said, "I have not had one satisfying meal. We eat, we appease the pangs of hunger, but the feeling of satisfaction, of satiety that one has after a good nutritious meal, that feeling has been unknown to us since 1916." It must be terrible to feel like that for several years in succession, and no wonder that the German nation, once the most active and aggressive of all nations, has become a languid and listless nation. One cannot be systematically active on an empty stomach, when every body cell cries out for nourishment and gets it not.

I spoke to Prof. Blaschko, who has a large and lucrative practice and who before the war lived in fine style, and he had the same story to tell: milk none, butter now and then but it gets quickly rancid, meat they can obtain once in ten days and it is of bad quality when obtained or gets bad in three-four days, etc., etc. And this is the way the well-to-do live, so you can imagine how the poor fare. To go on a vacation to some foreign country is, considering the state of exchange, out of the question even for the well-to-do. It requires a fortune which only the millionaires can afford. Dr. Blaschko was, I regret to say, in poor health (gastro-intestinal trouble), due partly no doubt to the war and the food conditions.

I spoke to Dr. Magnus Hirschfeld, the director of the Institute for Sexual Science, who, by the way, was also ailing, and his report was the same. Economic conditions were bad, very bad, and he was very pessimistic about the outcome. He saw no hope of improvement, unless America came to their aid. The faith of the German people, high and low, in America's aid is truly pathetic. "If America would only help us—we would pay back in time every cent with interest." And no doubt they would. For the Germans are an industrious and hard-working nation, and with the proper economic aid at the present time they would quickly get on their feet, to the

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ultimate benefit of the whole world. But in order to grant them that aid at the present time—and there is no time like the present, every day counts—we would have to have farseeing statesmen, and not shriveled and mumified politicasters, at the helm.

Paris looks the same, Brussels looks the same, only gayer and more prosperous. Prague looks the same, even Vienna, as we will see later, *looks* but little different from what it did before the war—only Berlin shows a most striking contrast; it alone of all the cities we visited looks like a stricken city, or like a city that had been stricken and is just beginning to come around. Do you remember Unter den Linden and the Friedrichstrasse? You would not believe that you were in the same city if you took a walk there now. The two cafés on the corners of those two streets—Bauer's and Viktoria—were always, every hour of the day and night teeming with life and movement. Now—passed is their glory. The Viktoria is quite dead, the dust on the tables indicating the rare patronage. Bauer's still shows some signs of life and motion but it is only a ghost of its former self. And the stuff they serve you—only slops. They do the best they can with the materials at hand, but that is not much. The tea, however, they serve you with real sugar, and not with a minute tablet of saccharin or a watery solution of it, as they do in many other cafés.

Many a time in former years, while sitting in one of the above mentioned two cafés, a thrill would seem to pass thru every one present, the people would jump up and stand on the sidewalk, on their tiptoes, looking out eagerly, expectantly. What was it? The All-Highest was going to pass from his palace to Potsdam and everybody, particularly the foreigners, and most particularly the Americans would try to get a glimpse of Europe's most powerful monarch, the most omnipotent creature next to God, tearing along in his auto, or majestically riding on his spic and span charger. Where is now the All-Highest? Chopping wood in Holland. And he was not so bad at all, tho not quite so good as Nicholas Murray Butler tried to make us believe he was. Only a little crazy. But in history the personally least guilty monarchs often pay for the sins of their predecessors and their entourage. No, William the Second's furious tearing along the Unter den Linden no longer sends a thrill thru the inhabitants of Berlin. Hungry people are not easily thrilled—except by a good meal. And that they don't get. But one thing still thrills them easily—a good dramatic performance. For the Germans, as well as the Russians, take the theater more seriously than we do, and a really good performance sends them into ecstasies. And, by the way, one play that I saw in Berlin (on August 22, in das Kleine Theater) *Elise Lensing*, has once more demonstrated to me the tremendous difference between European and our acting. Such acting, such power, such realism I have never seen in a New York theater. I do not believe that in the entire United States

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an actress and an actor could be found who could compare with the actress and the actor who played the two principal roles in the above mentioned drama. It was truly wonderful! But in New York the piece might be a failure. It might be too exhausting to the nerves of the tired business man. He goes to the theater to be amused and not edified; he wants to have his nerves tickled and not drawn. And I do not blame him. Each one lives according to his psychological requirements. But I repeat: *Elise Lensing* was wonderful.

Many are the changes in Berlin. The *filles de joie* no longer walk the streets—or if they do, I have not seen them. Flown has the royal splendor; the streets are dark and dreary, and the people look underfed and listless. But not all the changes are for the worst. Some are decidedly for the better. One of the most important changes is this: the arrogant officers with their clanking spurs and rattling sabres to whom civilians had to give right of way almost at the peril of their lives, are conspicuous by their complete and total absence. They are gone, let us hope, never to return. That must be a great relief to the Berliners; for it is the Germans, and not the foreigners, who had to suffer from their arrogance, which was real and not fictitious. Another welcome change is that the hated Schutzleute who were almost as rude, if not as brutal as our policemen, have been replaced by very polite, very civil civilian guards. They are even nicer and humbler than the Italian policemen. Is it vain and futile to hope that our American policemen will sometimes be as polite and decent and obliging as the English, the Italian and the French policemen? Perhaps. The unexpected sometimes happens. A time will perhaps come when our policemen will not think that an officer's principal duty is to answer questions curtly, and to crush people's skulls.

Another desirable change that we noticed in Berlin was in reference to the movies. Travelling with our little niece, Adeline, ten years old, who is a movie fan, we wanted one evening to go to the movies. But when we were about to buy the tickets we were informed that it was strictly *verboten* to let in children *under eighteen*, and that regardless of whether they were accompanied or not by their parents or guardians. When we told the man that we were willing to assume the full moral responsibility, he smiled but said respectfully but firmly that the law was the law. We tried, for the sake of experiment, two other movies, with the same result. At one place they were willing to oblige us by having the wardrobe woman take care of the little girl while we enjoyed the movies, but as it was principally for the sake of the former that we went, we thankfully declined the offer. Now, while we were disappointed, and we do not think it would have hurt Adeline to see *The Marriage of Figaro* in the movies, still the law is a most excellent one. And the New York law which prohibits children under fourteen (or is it sixteen) to attend the movies is a practically worthless one. For the most susceptible age, the age at which the movies can

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exert their most stupefying and sexually corrupting influence is between the ages of twelve and eighteen. There is little harm in permitting very young children to attend the movies; they do not understand most of the allusions, and are not injured by them. But the age between 12 or 14 and 18 is the most dangerous age, and children of such age should not be admitted to our wretched, lying, hate-inspiring, soul-stupefying and morally corrupting movies. It would be an excellent thing if our New York statute raised the age limit to at least eighteen. Only, for some movies I would make the age limit not below thirty, for others fifty or sixty years should be the age limit, while to some movies that I have seen I would admit only the totally and hopelessly blind.

Another very desirable and pleasant change that we noticed in the capital of Germany—it has been only recently introduced—is the total abolition of the tipping system. It seems too good to be true, but it is true. Where (except Italy) were there so many outstretched hands when you left your hotel as in Berlin? They are outstretched no longer. The first thing we noticed when we came to our hotel was the poster that no tips must be given and any demand for gratuities will be followed by instant dismissal. And on every bill of fare in the hotels and restaurants is printed the legend that the service is included in the prices. In other places you find more elaborate legends to the effect that as a result of conferences between employers and employees, it has been decided to do away with the tipping system and to incorporate the employees' wages in the prices for the rooms, meals, etc. Now comes the practical question: are tips given and taken? The Germans now do not give any tips. And I believe that no foreigners, except Americans, ever give any tips now. Americans still persist in giving tips and the waiters, porters, etc., accept them. A tip of two or five or ten marks means so little to us (4-10-20 cents), and it means so much to them! So we continue to give, but they are getting smaller and less frequent, no demand is ever made for any, a row of people is not standing around when you leave the hotel, and no doubt eventually tipping will entirely cease, even by Americans. And when tipping disappears entirely, it will be a step in the right direction. It is a nuisance to the giver and a humiliation to the receiver. But in our country, as is the case in France, the tipping evil, as well as the more serious evil of graft, is spreading out its tentacles more and more widely. I know a lady who was trying to elevate and ennoble the position of the waiter and hotel employe; once she started to advocate the abolition of tips as humiliating and destroying the self-respect of the recipient; she was nearly murdered. The abolition of tips also extends to the Berlin chauffeur and driver. If you give him a small tip, he accepts it. If not, he says nothing. Quite different from the Paris and Brussels chauffeurs who have a lot to say, if the size of the tip does not quite suit them.

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WHAT GERMANY THINKS

What do the Germans think, feel and say? What do they think, feel and say about the war; about the Versailles peace, about the possibility or probability of another war, about revenge, about the Kaiser, about America, etc., etc.? I have not interrogated every one of the sixty million Germans, and therefore cannot say what every one of them thinks or feels. But I have spoken to quite a number of Germans, belonging to different strata of society, and I believe I have some idea of Germany's attitude towards the vital questions of the day. The first man I spoke to was our car conductor. "Of course there is going to be war. In less than five years. It is better to die than to live under such a yoke." That is what he said. And the man who made up our beds in the sleeping car said: "Yes, we are going to have a war; and it is going to be Germany, England and Russia against France." And he was quite sure about it, just as if he had lifted the veil of the future and was able to look right thru it. And a number of people of the "lower" classes were sure that another war was imminent and seemed to be eager for it. "France was too brutal, too insulting, and no red-blooded man could stand it for any length of time."

But the business and professional people to whom I spoke, one and all, poo-poohed the idea of a war, either in the near or distant future. Another war would be Germany's *coup de grace*, her last blow. While resenting France's wanton brutality and her gratuitous insults as much as the Junkers, they felt that Germany was thru with war forever, that her salvation consisted in work, in long, steady, persistent work. The idea of revenge is as far from their minds as the idea of restoring Kaiser Wilhelm. While fully aware that Germany was not the only country that was responsible for the war, they know that a good share of the responsibility was hers; they know that German militarism was a most obnoxiously poisonous plant, and they say that to have uprooted that plant, root and branch, is almost worth all the misery that they have been undergoing for over six years. "If we had conquered, things would have been pretty bad. We might have had more to eat, but we would have been crushed by the heel of militarism."

While the people are not enthusiastic about the Ebert regime, they know it is doing about as well as any other government could under the circumstances. They are afraid of revolutions, strikes, wars and very, very much afraid of Bolshevism. And I do not believe there is the slightest danger of Bolshevism gaining ground in Germany. And I say this regardless of what our radicals, in whom the wish is often father to the thought, may say to the contrary. And what is more—and here I am going to disclose a dark, dark secret; I know I shouldn't, but I am going to do it all the same—the Russians themselves do not wish Bolshevism to spread in Germany. What the Bolsheviki want now more than anything else is manufac-

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tured articles. And manufactured articles they can most conveniently, most surely and most cheaply, get from Germany. But if Bolshevism should invade Germany, it would be good-bye to German industry. And with German industry disorganized—no manufactured articles for Soviet Russia. That there is great dissatisfaction among the German workers, there is no question. I should like to see anybody whose insides are gnawed by hunger, contented and satisfied. But that they want a revolution because they are hungry, this I deny. First, they know that a revolution does not necessarily mean more bread and meat or milk and butter; they hear how terrible the suffering is in Russia; and, second, to make a revolution you have to possess a certain amount of energy and buoyancy; the German workers are too depressed, too dejected, too listless. One cannot make revolutions on a *completely* empty stomach. What they might be induced to do under the guidance of a great leader, I don't know. But great leaders have always been scarce, and since 1914 they have been scarcer than ever. And leaders cannot be made to order.

I have noticed no hatred in Germany against America, England, Belgium, Italy or any of the other belligerent countries—with the exception of two. They do hate France and they do despise Poland. They hate France for its *wanton* brutality, its *gratuitous* insults, its occupation of the invaded territory with the savage Senegalese soldiers, its enormous bills for the upkeep of the occupation army, etc. (by the way, the Germans claim that the bill for the upkeep of the allied occupation army is 60 per cent higher than the cost of their entire army before the war! I wonder if it is true; if it is, it is a viciously damnable outrage and crime). As to Poland, they do not hate her, they just despise her aristocracy and her leaders. They do not believe that Poland will remain an independent state for long, and that not on account of external attacks, but by reason of internal dissensions. The Polish nobility, they say, has always been the vilest in Europe, they are the lowest drunkards, gamblers and debauchees; they are interested in but three things—wine, women and cards; they will gamble their wives and children away; and then they are very cruel and autocratic. How can such people remain at the helm of a modern state? Let France and America, they say, take away their financial and military aid from Poland, and the country will fall to pieces. Perhaps so and perhaps not. This was told me by a cultured business man, who claimed to be a true Cosmopolitan, who had no antagonism against the Polish people, but who claimed to know the Polish aristocracy. "No other country in Europe possesses such medieval types," he said. And in the meantime, the poor Poles and the poor Russians are killing each other by the thousands, because some diplomats are indifferent to bloodshed and prefer death and destruction to peace and prosperity.

I could fill this issue and several issues following with reports of conversations held with different people and a descrip-

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tion of conditions in that unhappy country, but I must put a brake on my pen. For all I know, you may not be a bit interested, and so I will proceed with the plotless story of my trip.

I spent the last evening of my sojourn in Berlin with Dr. Magnus Hirschfeld in his Institute for Sexual Science. It is the first institution of its kind in the world and deserves to be known better than it is. If I were not interested in so many other things, which use up every atom of my time and energy, I would establish one in this country, and I suspect that it would be a success, too. Dr. Hirschfeld certainly deserves the gratitude of the world for his contributions to the study of sex and particularly for his valuable investigations in the field of homosexuatily; his successful work in changing the popular conceptions of this abnormality, and his humanitarian endeavors—endeavors crowned with success—to improve the legal status of the homosexual will never be forgotten. The charts, illustrations, photographs and moulages in the "Archives" room are both instructive and interesting, and while some of them made Mrs. R. blush, she was not really shocked. As a physician's wife she has seen too many medical atlases and wax figures of various abnormalities to mind such things. In the collection of photographs of homosexuals there figures the portrait of our good gray poet, Walt. I don't think Whitman's friends would like that and permit this exhibit to pass without any protest. The Institute is not intended for scientific research exclusively, it contains a well-equipped department for the treatment of sexual disorders—among which sexual impotence plays an important role. We discussed Prof. Steinach's discoveries in gland transplantation, in which Dr. Hirschfeld is greatly interested. He presented me with a copy of his just published little book *"Künstliche Verjüngung, Künstliche Geschlechts-Umwandlung* (artificial rejuvenation and artificial sex-transformation) with the authorization to translate it into English. I regret to say that Dr. Hirschfeld was not at all well (as I stated in a previous page); but it is not surprising. With the misery and the hunger of the past six years, the wonder is that there are any well people left in Germany. The human body is a wonderfully adjustable machine. I took leave of Dr. Hirschfeld with regrets, promising to pay him another, more extended visit at the earliest opportunity.*

*I shall never pay him that promised visit. Just as I am getting ready to send the manuscript to the printer I see in the papers of to-day (October 12th), that Dr. Hirschfeld was killed by a mob in Munich, Bavaria, while he was lecturing on Steinach's discoveries. The papers say that it was an Anti-Semitic mob. As I stated elsewhere, junkerism and anti-semitism are not yet quite dead in Germany, and many times yet will they raise their ugly hydra-heads before they are finally crushed for good. Later reports claim that Dr. Hirschfeld was not killed, only badly injured.

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VIENNA

Why did we go to Vienna? We knew that things would be even worse than in Berlin, but the desire to see things with our own eyes was irresistible. The journey to and from Vienna was somewhat of a nightmare, and we somewhat regretted that we went, but now that is all over, we are glad. We should be grateful to the gods that small annoyances and pains are quickly forgotten; if not entirely forgotten and obliterated, at least blurred; but unfortunately past pleasures and enjoyments are even more readily forgotten, which is a pity.

I shall never quite get over my resentment over the numerous passports, visés and the graft or fees (call it whichever you wish) and loss of time connected with them. Only when you travel over Central and Eastern Europe you see what a "blessing" the establishment of the numerous "independent" states is. If it is a blessing it is a blessing very heavily disguised. To travelers it is a fearful nuisance. The last time I travelled from Berlin to Austria-Hungary was in 1909, during the International Medical Congress. I went to bed in Berlin and woke up in Budapest. Now when we decided to leave Berlin for Vienna, what did we have to do?

(1) We had to go to Police headquarters to get a permit of departure; cost only 15 marks, but cost of taxi (there and back and waiting) 35 marks, and loss of about two hours. (2) Then we had to get the Czecho-Slovakian vise; cost 516 marks and 75 pfennigs. I told him we did not want to stop in Czecho-Slovakia at all; we only wanted to pass thru it in order to reach Vienna; it didn't make any difference; they take advantage of the fact that the train passes thru their territory and make you pay for it. I told the official it was graft, but he only smiled. And by the way, it is only Americans who pay such heavy fees for vises; other nationalities pay much less. They know that with the state of exchange it does not amount to so much to us, but I don't think there ought to be such a discrimination. In addition to the 516.75 marks, there was the taxi, about 50 marks (we had to go twice; once the office had just closed) and the loss of about 4 or 5 hours. (3) Then we had to get the Austrian visé — price 120 marks (to other nationalities only 45 marks) and again the cost of the taxi and the loss of time. And besides we had to lose a lot of time in getting our tickets—for you have to make sure about reserved seats, etc. But the trouble before you start your journey pales into insignificance with the annoyances you have to undergo during the trip. The cars are packed to suffocation and even people with first-class tickets have to stand up. When you reach the Czecho-Slovakian frontier you have to carry out your valises and bundles, and the idiotic officials ransack everything, as in the good olden times; then you have to show your wallets and pocketbooks; while the women are subjected to the indignity of being *searched;* they are taken separately into a little room and searched from top to bottom by some toothless

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hag. This is done when you enter Czecho-Slovakia; and when you leave it the same procedure is repeated. And of course the passports are minutely examined. And this—two years after the war of liberation, after the war to make the world safe for democracy, to make the world a safer place to live in! The amount of time lost, the aggravation, the standing in line, the carrying of baggage back and forth, sometimes up and down long flights of stairs—porters are not always available—all this is extremely annoying. You forget it in a day or two, but it is disagreeable while it lasts. And after you come back to the train with your baggage, you find that your seat has been taken and you have to hunt for another one; and sometimes you have to stand up for several hours, which is very pleasant, especially for a delicate lady. Graft to the conductor sometimes secures you a seat, and sometimes not; for the number of trains has been greatly cut down, and the cars are really overcrowded. In Vienna we secured and paid for what we thought were reserved seats on a direct express train from Vienna to Brussels. The duration of this trip was 27 hours; but we had our reserved seats for 6 hours only; for when we reached Passau, on the Austria-German frontier, all had to go for passport and baggage examination, and when we got back our seats had been taken. There were several vacant compartments but they were locked; on slipping the conductor twenty marks (how I hate to do it—but you can't stand up, particularly when you travel with a lady; I must discuss the question of the ethics of paying graft in a special article) he opened a compartment for us; and so it has been all the way thru; but conditions are progressively worse the further East you go.

To return to the story of the trip. We left Berlin at 8 A. M. and after undergoing the above described nuisance at the Czecho-Slovakian frontier we arrived in Prague at 4:30 p. m. Prague is fearfully overcrowded, and it is very difficult to get a room in a decent hotel. We rode about from hotel to hotel and after visiting with negative results about half a dozen of the better hotels, we secured a room in a cheap hotel—and that only after promising the room-clerk a very generous chunk of graft. Once more I hated to do it, but once more I had to, for even my straightest-laced friend will admit that we could not pass the night in the street; not even in beautiful weather, and here the sky was dripping wet. The people in Prague looked healthy and satisfied, and as far as we could judge from the place in which we took our meals—The House of Representatives—there was plenty of food. The bread was of excellent quality, there was an abundance of good butter and cheese, plenty of meat, etc. Yes, materially, the Czechs seem to be well off, but the narrow chauvinistic spirit is very strong in them, and whether their "independence" will prove of benefit to them and to the world at large remains to be seen. We went into a small store to make some purchases; the young fellow in charge could not attend to us, as he spoke

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neither German nor French nor English, and he had to call his Mother, who spoke German. This language is now taboo in liberated Czecho-Slovakia and Poland; the fools in their miserable chauvinism are cutting themselves off from a splendid language and are depriving themselves from one of the world's most magnificent literatures. Jingoism is a terribly destructive poison.

On the following afternoon, after having seen as much as we cared to see of Prague—the Editor had been in Prague before—we left for Vienna. We were to arrive in Vienna at about 11 p. m. but on account of the beautiful post-war conditions, and the miserable custom-house red tape—which at this frontier, Gmundt, was worse than anywhere else, it was 2 a. m. when we got to Vienna. And one—the only one—of the really disagreeable incidents of our trip occurred at this Czecho-Slovakian frontier. The Austrian Consul in Berlin forgot or failed to put a certain stamp on our passport. But we had the proper paper showing that we had attended to our part and paid the fee of 120 marks. But the dirty little sneak official who examines the passports said that we could not proceed further and that we would have to return to Prague; and the train for Vienna was to leave in a few minutes. Should we have returned to Prague, or should we have stayed over night (it was 10 p. m. then) and fought the official? We did neither, but we gave that d—— rascal 100 kronen, and he found that everything was all right and that we could proceed, and we did. Thus does the bureaucracy corrupt the people. If I was not so mad at the little grafter as I should have been, it is because I know that those officials are miserably, wretchedly poor; they and their children are starving, and they think it is not a sin to make some money out of rich Americans (Americans are all supposed to be rich). As I said before, we arrived in Vienna about 2 a. m. and thruout the entire trip *there was no light whatever in any part of the train.* The conductor who had to examine the passengers' tickets carried a little lantern with him. At one of the stations a woman came in the train selling candles, and we bought one. It looked rather peculiar to see passengers travelling first class trying to dispel the gloom of the night with a stearin candle. The candle went out and we did not light it again. We took it home as a souvenir and we are going to save it as a memento of our trip to Vienna. When we got to Vienna in the wee hours of the morning, the city had an uncanny appearance; but it was spotlessly clean. There were plenty of cabs waiting; the cabman wanted 200 kronen to take us to the hotel, which seemed a lot of money; but remembering that at the present rate of exchange it was but one dollar, we saw that it was not much at all. And so it is with everything. For our room we paid the munificent sum of 130 kronen a day, which in our money amounts to just 60 cents. For meals we paid 200 to 400 kronen, which is equivalent to one or two dollars. Prices of luxury articles, however, have

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been raised so high, that now they are almost as expensive as in the United States. Not quite, however; perhaps thirty to forty per cent. cheaper. The general opinion is that Austria is much worse off than Germany, Vienna more wretched than Berlin. May be it is so. Most likely it is so. But I promised to give you my own personal impressions, and not other people's. And my impression is that Vienna is better off than Berlin. The Bristol in Vienna is of the same standing as the Bristol in Berlin, but the food was much better and more plentiful in the former than in the latter. It may be due to the fact that they had begun to get supplies from Hungary. That is what they told us. The waiters in the hotel seemed well fed. We did not see such hungry-looking people in the streets, as we did in Berlin. We saw but few beggars, and the number of cripples was also relatively quite small. Quite likely, the misery is much greater than I have been able to fathom. Externally, the city is as beautiful as ever, but it is a sad, silent, pathetic beauty. Is nobody going to help this remnant of the Austro-Hungarian empire to get on its feet again? There is little to hope from our diplomats; but the only salvation of Austria, Germany and the rest of Europe lies in the speedy recognition of Russia, in the conclusion of peace, and the speedy re-establishment of economic relations. In the establishment of friendly relations with Russia lies the salvation of the world. In fighting Russia, in instigating her neighbors to wage bloody war against her lies the death and destruction of mankind. One other thing: Austria ought to be permitted and even encouraged to unite at once with Germany. Little Austria cannot stand alone. That union is going to take place sometime—why not now? The sooner, the better for the world.

I confess, I was glad to get away from Germany and Austria. I did not go for investigation purposes. I went primarily for a physical and mental rest. And seeing the depression, and suffering of others does not contribute to good digestion and to peace of mind. We left Vienna on Saturday, 8:25 a. m., and arrived in Brussels on Sunday at 11:20 a. m. and we found ourselves as it were in a different world. The population gay, well-fed, and lively—everything in abundance. The following day we spent at Ostende, to compare this pretty, extravagantly gay and expensive seaside resort with its former, pre-war self. It was lively enough, but as the day was very cold and windy—it was an unusually cold summer thruout Europe—there was no bathing. The beach, however, was teeming with little kiddies, and kiddies not so little. And they seemed to enjoy themselves hugely. At every opportunity the children are taken to the seaside and the country. This must be said: all over Europe, both in the victorious and in the defeated countries, the children are taken better care of and are treated better than before the war. Whether much food or little, the children have the first claim on it. Whether it is being done from pure love of little children, whether it is done to fill up the gap caused

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by the wretched war, or whether it is done from the horrible desire to have soldiers to murder and to be murdered in the next butchery, I don't know. But let us hope that there will never be another war, and that in the meantime the children will have it better than they had it before.

I am getting tired writing and will try to cut it short. But I must relate an incident of our last arrival in Paris. We got to Paris from Brussels at 8 p. m. We had four valises with us, besides three hand packages and bundles. Quite a lot to carry. We called for a porter, but no porter. There were half a dozen porters but they were quickly snatched up. We waited and waited, went out and looked for help—nothing accomplished. What was to be done? I carried out the valises and bundles from the train to the platform and waited; but as no porter of any kind appeared, not even half a porter, I went out to look for one, while Mrs. R. remained with the baggage. No porter was to be had for either love or graft or honest money. I then got a truck and wheeled it to the baggage; I placed the baggage in the truck and began to wheel it out of the station. Another gentleman noticed what I was doing and asked permission to put his valises in my truck, for he was in the same predicament. He proved to be a prominent lawyer. Can you visualize a prominent splendid looking Parisian lawyer—Mrs. R. fell in love with his looks—and a somewhat eminent New York physician becoming baggagemen and wheeling a truck? One would have thought we were in a bolshevistic state. It was great fun—the only bit of fun I had on this trip. When we got out of the station, we began to look for an auto. But we would have had a hard job to get an auto, if our newly-made lawyer-friend had not used his influence and knowledge of the Parisian ropes.

We stayed in Paris this time but four days, for our steamer, *The Lorraine*, was sailing on the 4th of September. We have a splendid room. The stateroom is so large and pleasant and airy that for the first time in my travelling experience, I did not care to be out on deck. I stayed the greater part of the time in the room, reading and writing. I am writing there now, writing up the trip. We have few celebrities on board; yes, we have two. Ysaye, the great violinist, and Carpentier, the French champion heavyweight. I must agree with Shaw and Bennett—he certainly does not look like a prize fighter; a slight slim chap, very gentle looking, very modest and shy. Certainly a great difference between him and the usual type of brutal prize fighter.

We had a pleasant trip. On docking in New York we found a crowd of thousands and thousands of people waiting—a larger crowd than I ever saw on the arrival of a steamer. I could find no explanation for this immense crowd until we got off the steamer, when we noticed numerous placards bearing the inscription "Vive Carpentier!" So all those people were there in honor of Carpentier and not in honor of the Edi-

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tor of THE CRITIC AND GUIDE. And I thought to myself: what is the use of having brains and knowledge, what is the use of working, reading and writing sixteen hours a day, when a man possessing nothing but a hard punch, becomes at once world famous and gets a better income than the most famous physician or scientist? What's the use? That is what I was thinking, but I could not think long, for it was time for the custom examination. That was easy. The custom inspectors behaved like gentlemen; they hardly looked at our things; they saw by our faces that we were honest, and would not think of bringing in anything without declaring it. And now we are back in New York. And we have to live in the same atmosphere with Colby, Palmer and Burleson. . . Oh, well, we will have to grin and bear it.

SOME JOTTINGS IN CONCLUSION

I will conclude by reproducing a few disjointed notes I jotted down, at various places, at various times, during the trip.

1. Europe is sick; perhaps dying; but she can still be saved if aid comes quickly. Will America remain callously selfish and permit millions of helpless men, women and children to die without as much as lifting a finger?

2. In every country I visited, with the exception of Czecho-Slovakia, our President is held in the utmost contempt. The admiration in which he was held before he went to Europe has turned to loathing. Universally, the verdict is: No diplomat has ever betrayed his ideals and his promises so basely; his way of realizing his fourteen points has given a new significance to "the scrap of paper" expression.

3. The three clouds that darken the European sky and threaten the peace of Europe are: France, Poland, and Hungary.

4. It seems to be the unanimous opinion of Europe that of all cruel wretches that ever mismanaged a country and tortured its citizens, Horthy of Hungary is incomparably the worst. Worse than any of the Romanoffs.

5. There would have been no Russo-Polish war if not for France; the Russo-Polish war would not have kept up as long as it does if not for the United States. In other words, but for France and the U. S., perfect peace would now be reigning in Europe. This seems the opinion of everybody I spoke to on the subject, both in France and in Germany.

6. It is the bitterest irony of fate that the European country that once was the champion of liberty should now be most ferocious in its attempts to strangle liberty in other countries.

7. There seems to be more to President Deschanel's falling out of the train than the papers try to make us believe.

8. I always considered—I don't know why—the Paris *Temps* a decent paper. It is almost as bad and contemptible as our own *Times*.

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9. *Humanité,* as a *newspaper,* is rather a disappointment. And so is the *Daily Herald.* Not even as good as the *New York Call.* Distance lends mystery and charm. I thought they were great papers. And they carry unfortunately some pretty fakey advertisements. This, I am sorry to say, is a failing of many of our radical newspapers. They have such a hard struggle to make ends meet. But while this is an explanation, it is no justification.

10. Some people speak and write of the gaiety and luxury in Berlin and Vienna. What ignorance, what stupidity! Those imbeciles see a few demi-mondaines wined and debauched by some rich and war profiteer foreigners—among whom not a few of the Czar's old henchmen—and then they tell the world that Germany and Austria are not as badly off as they are painted. There is but one country that is worse off than Germany and Austria, and that is Russia; the latter has still to fight on several fronts and has to suffer the agonies of a blockade of several years' duration. They who refuse to help those countries must have hearts of stone.

11. I cannot help repeating what seems clear to me and to everybody to whom I have spoken: The world's greatest menace at the present time, Europe's greatest peace disturber is France. Poland is merely a tool.

12. To-day we rode by Wilhelm's former residence—the Royal Palace. It is neglected and is already beginning to look dilapidated. Many broken windows and numerous bullet holes in the walls—mementoes of the revolution. If anybody had stated six years ago that in 1920 Wilhelm's sacred residence would be profaned by the presence of plebeians while he himself would be a fugitive in a foreign land, he would have been declared insane. And yet—it has happened.

13. It is unbearable: the suffering, the starvation, the cruelties, the brutalities of the Poles and of the ruling Hungarians, the aid that all those assassins and massacre-inciters receive from France and America—who can look on with equanimity, with philosophic calm?

14. If I could, I would, without the slightest hesitation, nay with the utmost joy and eagerness turn back the clock of time—turn it back to July, 1914. All the reforms and changes and alleged reforms and changes are not worth one one-millionth part of the torture and agony brought about by the war. The economic, physical, intellectual and spiritual damage caused by the war is absolutely incalculable. And the millions of children dying of slow or acute starvation—what can compensate for that? Rather a monarchy for a thousand years more than one-thousandth of the horrors that men, women and children had to undergo since the armistice—Yes, the horrors since November 11, 1918, the hysterically celebrated day of the armistice, have been even greater than the horrors of the war. And for every one of those horrors the Allies are directly responsible.

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15. War, war—humanity's great disaster. All crimes, all horrors, all insanities united into one. All that is evil—all that is ignoble, all that is bestial—that is war. And this has been, this is—for it is not over yet—the cruelest of all wars. And who is responsible for it, for its beginning and for its continuance? Now it can be told! No, not yet, not quite. Not with complete frankness. But soon the truth will come out. And how monstrously terrible the face of truth will be!

HOME AGAIN

Yes, I am back home, at my old desk, trying to answer the numerous letters that have accumulated in my absence. Some of them I fear will have to go unanswered. Simply a physical impossibility to answer all letters that accumulate in three months. And some no longer require an answer. . .

It was my intention to collect the descriptions of my various trips, round them off, eliminate superfluities and repetitions and issue them in the form of a book under the title, say: *The Idle Hours of a Busy Physician.* But I like happy endings. I could not end the book on the 1914 trip, when we were caught in the war and when we had to go home in a wretched steamer (*The Philadelphia*), where the food was miserable, the rooms dirty and the graft the most brazen I have ever encountered. Nor could I end it on this trip when the starvation of two peoples stared me in the face, and the brutality of the victors made me disgusted with all mankind. No, I will have to wait for a happier day, when travelling will again be a joy and a pleasure, and not the nuisance that it is now. May be God will soon have pity on suffering mankind, and will call to his heaven—or send to the other place—some of the great diplomats and statesmen who are now mismanaging Europe and America. If He does that, if He makes a thoro job of it, I may finish the promised book and lick it into proper shape for publication.

THE SECRETION OF GASTRIC JUICE AS AFFECTED BY FOODS

Drs. Miller, Bergeim, Rehfuss and Hawk, have an article in the *American Journal of Physiology* (May, 1920) in which they report the results of their experiments on the gastric response to foods. Among many other interesting things they found that the sight, taste and smell of appetizing food gave rise to a distinct secretion of gastric juice in normal men. Bad odors depressed the secretion. Nourishing foods, unpleasantly prepared and unpleasantly served sometimes caused a slight delay in evacuation time, but none in acid response. Anxiety and mental strain markedly delayed gastric digestion.

This is all very interesting, but may we be permitted humbly to express our doubt as to the vital necessity of such experiments? Does the fact that the sight, taste and smell of appetizing food increase the secretion of gastric juice and that anxiety and mental strain interfere with digestion, require experimental corroboration?

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THE EARLY DIAGNOSIS AND TREATMENT OF SYPHILIS

By Leo Jacobi, M.D., New York

In the lengthy catalogue of ills that human flesh is heir to, some, relatively unimportant in themselves, derive an added distinction from the circumstance that they closely simulate other and far more serious affections.

Such an *ignis fatuus*, especially calculated to make the way of the syphilologist hard, is the comparatively innocuous chancroid or "soft chancre."

In the absence of this petty nosologic item, the recognition of primary syphilis would be devoid of the many difficulties which now beset and plague the scrupulous physician.

How the latter emerges from his diagnostic ordeal may be gathered from those patients who come to us in the secondary stage of the disease with the history of having received treatment for "chancroid" a few weeks ago, followed by a discharge as cured. This has become a twice-told tale, which has its counterpart in the experience of other patients, seen less frequently, who have been put thru a vigorous course of treatment for "hard chancre," and who still present an unhealed sore, uninfluenced by arsphenamin and mercury, while further observation renders the diagnosis of syphilis highly questionable (unless the lesion is interpreted as a mixed chancre, the latent "hard" component of which has been eliminated by the treatment, leaving a pure chancroid behind).

Still another familiar and far more pathetic visitor is the taboparetic whose recollections of ancient minor ills include a nondescript sore, pronounced harmless by his doctor, perhaps cauterized *ut aliquid* fiat, and speedily forgotten by both.

These regrettable occurrences furnish the practical illustration of the difficulties encountered in differentiating the primary luetic lesion from its counterfeit presentments.

Among the latter the chancroid comes easily first. Now and then an ulcerated herpes which has been vigorously maltreated will cause confusion, and occasionally a chancre redux, or the tertiary chancriform syphiloma (pseudo-chancre of Fournier) may prove misleading, tho mainly in regard to the question of reinfection; but in the great majority of cases it is the chancroid or soft chancre that gives us pause.

Considering the numerous contrasting features of chancre and chancroid, a clinical diagnosis would appear to be fairly easy; but practice belies the expectation.

Thus, to begin with incubation, we find the period variously estimated at 10 to 100 days for the chancre, and only several days or even hours for the chancroid. This knowledge seems to simplify matters, until we recollect that infection may have taken place at some time antedating the last exposure. In other words, when the patient admits several successive exposures within the maximum time of 100 days, he

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may have acquired the disease at the ultimate or penultimate or antepenultimate one, thus vitiating any conclusion based on the incubation period. Nor is this all. The average patient is very apt to overlook the minute incipient lesion, and a variable interval commonly elapses before the developing sore obtrudes itself upon his attention; hence an additional source of error in computing time. It thus becomes manifest that knowledge of the incubation period will prove decisive only in exceptional cases.

Neither can we derive much comfort from a consideration of the respective appearances presented by the two lesions. The older syphilographers, unrivaled masters of observation, devote much space to detailed contrasting descriptions of the configuration, the edge or border, the base or floor, and the secretion of chancre and chancroid. Unfortunately no great store can be set by the minutiæ of their delineations, and it must be regretfully confessed that unaided ocular observation is a very unsafe reed to lean upon in differentiating chancre from chancroid.

Not much more reliance can be placed upon the sense of touch, and this leads us to consider a feature which has become identified with the initial lesion of syphilis in the mind of laity and physicians alike—namely the hardness of the chancre as contrasted with the softness of the chancroid.

This hardness has always been looked upon as peculiarly characteristic of the primary syphilitic sore, hence often called initial sclerosis. The induration develops gradually in the course of a few days, and when fully established varies from the consistency of parchment to that of cartilage. According to classical teaching, the chancroid may appear "doughy" to the touch, but not hard.

Here, then, it would seem that a trustworthy guide has at last been vouchsafed us. But, having given with one hand, the Goddess of Science proceeds to take away with the other. Listen to the authorities. No sooner has Hutchinson assured us that "hardness will usually be the same or nearly the same in both sexes, at all ages, and on all parts of the body," than he hastens to add this fatal qualification: "It must, however, be freely admitted that many chancres are *never* indurated." Other writers go so far as to maintain that in certain locations chancres *never* exhibit *induration*. This is bad news indeed, yet we could make the best of it, if at least the induration, whenever it is present, were pathognomonic of syphilis. But even this solace is to be denied us. We are informed that a chancroid may under certain conditions and in certain locations assume a distinct induraton of its own. In a word, then, a hard chancre may be soft, and a soft chancre may be hard! Nay, to make confusion worse confounded, it would seem that a chancre may even be hard and soft at the same time, as witness the "chancre mixte" of Rollett, which results

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from a simultaneous or a successive inoculation with the strepto-bacillus of Ducrey and the spirochete pallida.

After this it will be readily conceded that palpation, like inspection, fails to furnish a reliable diagnostic criterion in primary lues.

Passing over the enlargement of related glands, which yields no decisive differential evidence, we come to experimental auto-inoculation. It has been held that chancroid is autoinoculable while chancre is not, and this test is still resorted to occasionally. However, it now appears that chancre is also autoinoculable (Queyrat), tho with a longer period of incubation, and, moreover, even a positive outcome of this test for chancroid does not exclude the presence of a mixed infection.

From these diagnostic uncertainties we finally seek to escape by taking refuge in the microscopical examination for spirochetes. These, when found, are conclusive, but a negative result is not binding, and the search must be repeated at shorter or longer intervals, entailing the loss of precious time. Then, again, in the case of mixed chancre, owing to the interaction of the two parasites, it is usually impossible to find the spirochetes, and the diagnosis must be allowed to drift until general adenopathy or a positive Wassermann reaction puts an end to the suspense, that is to say, between 2 and 3 weeks after the appearance of the initial lesion in some cases, and frequently much later in others. By that time, however, the golden opportunity of making an early diagnosis has been forfeited.

In order to appreciate fully the harm accruing to the patient from procrastination we need only recollect the fact, vouched for by Neisser and others, that at the time the chancre makes its appearance, the parasites have already succeeded in flooding the entire system and producing a general spirochetemia. This, by the way, accounts for the futility of the old-fashioned attempt to check the infection by excising the chancre—a procedure still practised here and there, and exactly equivalent in its rationale to the proverbial imbecility of locking the stable door after the horse has been stolen.

Modern researches have shown, furthermore, that within a few weeks after its inception, even before the appearance of secondaries, syphilis has often invaded the central nervous system and deposited therein the seeds of that nefarious harvest which the patient will reap years or decades later in the form of tabes or paresis. It has been found that a large percentage of cases (more than one-half) show this early involvement, as revealed by serologic studies of the spinal fluid.

If with these facts we join the knowledge that a timely and intensive modern medication will frequently accomplish a radical cure, enough has been said to bring the vital importance of prompt recognition and treatment into the strongest relief.

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It may be said that the chances of aborting syphilis are inversely proportionate to its duration. In the primary stage, while the Wassermann reaction is still negative, the prospect of obtaining an immediate cure is excellent. In fact, it has been asserted by some authorities that we can promise a rapid cure almost to every patient coming to us during the primary stage, before the Wassermann reaction has become positive. Without abandoning ourselves to this excessive optimism, we are, nevertheless, justified in taking a hopeful view of early treatment. Even where it falls short of a complete cure, its possibilities for good are incalculable, based on limiting or halting the further progress of the disease, and affording the body an opportunity of organizing its defensive forces.

Thus the course of action to be followed by the physician in clear-cut cases of primary lues is plain, and the blame for any delay in beginning intensive treatment after the diagnosis has been established must be laid at the door of the patient himself.

Fortunate, indeed, are both doctor and patient when the case presents no insurmountable diagnostic difficulties; but, as we have tried to show at some length, the diagnosis must occasionally remain shrouded in doubt. It is here that the physician is brought face to face with a dilemma and reduced to the necessity of choosing between two evils; temporizing in the presence of a virulent infection, or launching upon the treatment of a non-existent disease. The first or passive alternative involves the abandonment of the patient to a progressive invasion, and possibly the forfeit of his sole opportunity to achieve a radical cure; while the second or active policy is fraught with the danger of needlessly inflicting bodily damage by the use of toxic remedies, and, what is perhaps even more to be feared, the risk of creating a permanent mental aberration aptly characterized as "soul-scar," or syphilophobia.

In this perplexing situation, many syphilologists adopt an ultra-conservative attitude, and demand preliminary diagnostic certainty, which is at times synonymous with a reversion to the old-fashioned rule of waiting for secondaries. On the other hand, a few, chafing at delay, are inclined to deny the patient much benefit of the doubt, and advise the immediate launching of a big offensive.

The issue is clearly a debatable one, tho in the end, with so many unknown quantities entering into the problem, a definite equation can scarcely be constructed, and each case will have to be dealt with according to its merits. Thus a vigorous young patient, who will presumably emerge from an active course of arsphenamin and mercury with body and mind unscathed, is manifestly a better "risk" for this so-called prophylactic treatment than a middle-aged person with impaired cardiac or renal function, or a neurotic individual who is the logical candidate for syphilophobia.

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The problem becomes still more complicated by the intrusion of other factors, such as the duty of safeguarding the interests of those living in close intimacy with the patient, or, in the case of a pregnant woman, the need of protecting the unborn child. The final verdict may sometimes be left with the patient, after acquainting him with all the pros and cons.

Once the decision to begin abortive treatment has been reached, all authoritative opinion is in favor of intensive measures. The watchword must be: Hit promptly and hit hard. There is, however, a slight disagreement in regard to what constitutes hard hitting.

Pollitzer's plan consists in giving one intravenous injection of arsphenamin daily for three successive days. The individual dose varies according to sex, age, weight and condition. For men, one decigram for each 25 lbs. of body weight is the proper quantity; somewhat less for women, and one-half the amount for children. The three injections of arsphenamin should be followed by weekly intramuscular injections of mercury salicylate, in doses of one to two grains, until six to twelve have been administered. This constitutes a course of combined treatment.

The details of the plan may be slightly modified, giving the first three injections of arsphenamin on alternate days, or three injections in nine days (Stokes), to be followed by mercury as above. Instead of the salicylate, some advise the employment of soluble mercurials, like the biniodide or the cyanide. These, however, must be given daily or on alternate days, in average doses of gr. 1/5 and the number of injections required is about 20.

While the first combined course may, and more or less frequently does result in an immediate cure. it is better to play safe and continue treatment for a considerable time, at intervals of six to eight weeks. It is essential to allow this period of complete rest between courses, for important reasons: not only is the system given an opportunity of eliminating any residual toxic substances which may have accumulated during the prolonged medication, but the spirochetes are prevented from acquiring an immunity toward the remedies employed and becoming "arsenic-fast" or "mercury-fast."

The details of this supplementary treatment, which would carry us well into the second and even third year of the disease, and which depends in part on the outcome of Wassermann tests, do not belong within the scope of our subject. It should be mentioned here, however, that when early treatment has been partly prophylactic, that is administered in doubtful cases, there must be a natural disinclination to continue for months and years with energetic measures in the absence of distinct indications, either symptomatic or serologic. And precisely in this subsequent uncertainty we find

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one of the strongest arguments against premature resort to treatment.

It is hardly necessary to add that heroic initial measures are not feasible in every case. There are certain well-known contra-indications to the free use of antiluetic remedies which must be respected, and some patients manifest such intolerance of arsphenamin, as shown by violent reactions, that further administration must either be temporarily suspended, or else cautiously continued in smaller doses and with longer intervals.

Turning now to the results of abortive treatment, we find the greatest discrepancies in the various estimates of its efficacy. The pessimists among the syphilographers ridicule every attempt to "abort" syphilis, believing it to be an absolutely incurable disease. To them once syphilis means always syphilis. Fortunately, their numerical strength is small.

Other authorities entertain more moderate opinions, tho still remaining distinctly skeptical. To quote Stokes: "You will see from my high estimate of the value of prolonged maintenance of resistance in syphilis, that I have little faith in the shortened or abortive procedures which have had such vogue in cases seen in the earlier weeks or months of the infection."

On the other hand, no timid scruples can touch the extreme optimists. From their utterances all doubts have vanished. In the words of Pollitzer, who may be regarded as their representative spokesman: "The treatment of syphilis by the vigorous exhibition of arsphenamin in its primary stage, while the disease is still largely a local infecton, and before the organisms have acted long enough on the tissues even to provoke the development of a positive Wassermann reaction, results in the immediate cure of the disease in practically every case."

It will thus be seen that abortive treatment is credited with a percentage of cures varying between zero and 100! Perhaps the over-sanguine syphilologist errs in viewing the problem as one involving two factors only—the parasite and the remedy. But even in that case, the latter alone is a constant and definite quantity, modern studies having conclusively proved that there are spirochetes and spirochetes, with unlike properties and affinities, some strains, called dermotropic, showing a predilection for the skin and causing the cutaneous manifestations of syphilis, while others, the neurotropic, invade the central nervous system and induce taboparesis. There is, moreover, a third factor, too often left out of the reckoning, tho it is the most variable and elusive of the three—namely, the host himself. His body is the battleground, and on the quality of its tissues the outcome depends quite as much as on the nature of the living invader and the properties of the medicinal agent.

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It is interesting to note in this connection that, following the announcement of Ehrlich's epoch-making discovery, optimism in regard to the curability of syphilis rose to its maximum, only to be followed presently by a strong reaction, which carried medical opinion to the opposite extreme. Then came a re-action and hopes ran high again. In obedience to the universal law of rhythm, the pendulum will continue to oscillate, with less violent excursions, for a time to come. The truth is in all likelihood situated near the middle of its course.

Before concluding we may recapitulate our desultory remarks as follows:

1. The clinical diagnosis of the initial syphilitic lesion cannot be made with absolute certainty.
2. The microscopical examination for spirochetes, tho trustworthy when positive, leaves us nowhere when negative.
3. As a general rule, treatment should not be commenced until the diagnosis has been established beyond doubt.
4. To this eminently safe rule, however, there are exceptions. Occasionally, treatment may be advisable before diagnosis has become a certainty, tho very careful judgment must be exercised in the selection of suitable cases.
5. Early intensive treatment is fraught with great promise, tho its results are neither as bad nor as brilliant as the extremists would have us believe.

1187 Lexington Ave.

Editorial and Therapeutic Notes

GLUCOSE IN THE TREATMENT OF PNEUMONIA

Pneumonia still remains the most terrible of our acute diseases; its mortality is still frightfully high, and for this reason any measure that promises to be valuable in the treatment of this disease deserves careful consideration. And for this reason also I am referring to the subject editorially.

Dr. Henry J. John, who has treated several hundred cases of pneumonia at the U. S. Army Base Hospital, Fort Sam Houston, Texas, considers glucose an extremely valuable adjunct in the treatment of pneumonia, much superior to any saline solution (American Journal of the Medical Sciences, October 1920.) The author's conclusions are as follows:

1. The administration of glucose is without danger provided any reasonable care is used. In the 1,200 administrations not a single accident developed.
2. The patient is made comfortable and sleep is provided for him. Thru this the whole organism is strengthened for the prolonged fight against the infection.
3. The temperature is lowered.

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4. Nutrition is provided for the overtaxed heart muscle without having to go thru the ordinary digestive processes, storage in the liver as glycogen and reconversion into glucose again before it can be burned by the tissues. One hundred to 300 calories is thus supplied to the body per each dose.

5. A considerable amount of fluid is provided for the circulation. This, together with the preceding, slows the heart, producing thus artificial rest.

6. The elimination thru the kidneys and the skin is increased.

7. Practically all the medication can be supplied in the glucose, thus a much more accurate dosage can be depended on.

8. The antipneumococcic serum type 1 or the antistreptococcic serum, the antitetanic serum, can be administered in this glucose medium. This is far superior to saline, for glucose will do much more than saline, thus being a much more rational medium to use as a diluent for any intravenous medication.

9. The use of glucose is strictly a physiological measure and is to be used as such.

Author's Routine: 250 c. c. of a 10 per cent. aqueous solution of glucose are given b. i. d. or t. i. d. as indicated, 30 per cent. solution where there is a question of nutrition. Only chemically pure glucose should be used and distilled sterilized water. A good plan is to prepare larger quantities and use 250 c. c. (8-oz.) bottles, cotton stoppers, paraffin paper over these well down over the neck of the bottle, so that one would always have a sterile lip on the bottle to pour the solution from. Sterilize by boiling or outoclaving, then store on ice.

The method of administration is that of any arsphenamin method. Either a tube reservoir or else a 3-way stop-cock with a 10 c. c. syringe can be used. In case of the latter the original bottle serves as a reservoir. The latter is more practical for private work, the first for hospital use.

Use as small a needle as you can. The smaller a needle the easier it is to enter the vein.

It is advisable to administer all the medication in glucose. The author uses routinely:

Glucose—10 per cent.	250.00000 c. c.
Atropin sulph.	0.00064 gm.
Morphin sulph.	0.00800 gm.
Tr. digitalis	1.00000 c. c.

In reference to the commercial glucose, the author states in a note that in a private communication with Dr. H. O. Mosenthal, the latter stated "that commercial glucose is preferable to the chemically pure product, which in its purification contains traces of acetic acid, and he thinks that these traces of acetic acid have something to do with the chills that follow. His experience has been that after he had abandoned the use of the chemically pure product and resorted to commercial glucose, no chills followed."

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A point that the author emphasizes is that an ounce of prevention is worth a pound of cure. It is therefore not wise to wait with the glucose administration until the patient is nearly dead and then expect any miraculous result from it. Begin early and thus preserve the patient's strength, his natural concerned. Do not let the patient suffer. He thinks that the morphinphobia which is so impressed on the medical student resources, since you can do nothing specific so far as cure is has done a lot of harm when we are dealing with acute infectious diseases. The tendency is to use morphin only as a last resort, when one can see that the patient cannot live, to make his end easy. This is one of the greatest mistakes in therapy. It should be used early, to save the patient and his natural resources, his fighting power, that he may win the victory over the infection and not be let suffer and uselessly spend his energies. It is nothing less than stupid to think that a patient will become a drug addict from the three to ten doses of morphine which he does not even know he is getting in the glucose, but thinks that it is the glucose alone giving him the relief.

While febrile, the patient should receive all the liquids and nourishment he will take. Fruit juices, too, are of great value.

DIPHTHERIA BACILLI CARRIED BY CATS

Cats may be carriers of virulent diptheria bacilli and become a menace to human beings. Children especially, but adults as well, should be discouraged from playing with cats, particularly such as seem to have a little croupy cough.

An elderly lady had a pet cat who often slept in her bed and was frequently fondled by her. The cat had been sick, had a croupy cough, unable to swallow, and became very thin. The lady developed diphtheria, from which she died. A second cat which had been in contact with the first cat, became sick and died ten days later. The lady had a grayishbrown pseudomembrane covering the uvula, tonsils and posterior pharynx. Her pet cat had a small yellowish-gray pseudomembrane in the left nasal passage, while the second cat showed ulcerations of both vocal cords covered with a grayish-white false membrane. Diphtheria bacilli were isolated from all three lesions.

The above is abstracted from a paper by Major James S. Simmons, Chief of the Laboratory Service of the Walter Reed General Hospital (American Journal of the Med. Sciences. October, 1920).

It is better to leave cats alone.

FOR AND AGAINST CIRCUMCISION

Circumcision is one of the oldest little operations in the human race, and still no unanimity has been reached yet as to its value or uselessness. Every so often there is a debate on the subject in medical societies, but after the debate is over the

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question remains in statu quo ante. At a recent meeting of the Royal Academy of Medicine in Ireland, Dr. Spencer Sheill read a paper on circumcision as an ancient rite and as a surgical procedure, in which he dealt with the antiquity of the rite among the Mohammedans, Copt, Memons, Boris, the New South Wales and Amazonian tribes, and the Semitic races. He pointed out that the Jewish operation had not the result of reducing sexual desire; the inner layer of the foreskin, which carried most of the sensory nerves, was not amputated. Dr. Sheill showed that fertility in the female was directly aided by circumcision. He condemned non-use of anesthesia in ritual circumcision as inflicting unnecessary pain on the infant. Circumcision should be advised as a real help to the weakest spot in the human character.

Dr. Solomons said that the subject was contentious and very important. Most educated people asked to have their sons circumcised; he thought it an excellent thing to do; it helped to prevent hernia due to straining, and later it helped in preventing masturbation. The ordinary schoolboy was not taught to keep himself clean, and if he were taught he thought too much about the matter. No anesthetic was necessary when circumcising infants—in fact, it was harmful. According to statistics by Breitenstein, syphilis was five times greater in the uncircumcised.

The Master of the Rotunda said that when consulted on the subject he advised the operation. He had seen it done very dexterously as a Jewish rite, and had adopted that method. He thought the uncircumcised more likely to contract syphilis.

Dr. Tweedy had never satisfied himself that the craze for circumcision was justifiable. According to the laws of evolution the foreskin must have been greatly needed by the human race or it would not have persisted. The statistics quoted by Dr. Solomons had little value. He knew of three fatal cases, one from chloroform. There was often alarming hemorrhage.

And there you are.

INSTITUTE ON VENEREAL DISEASE

We have received the official announcement of the Institute on Venereal Disease Control and Social Hygiene and we must pronounce the establishment of such an Institute one of the most gratifying phenomena of recent years. The Institute is conducted by our Public Health Service with the co-operation of the Amerian Social Hygiene Association and the U. S. Interdepartmental Social Hygiene Board. The aim of the Institute, as the announcement says, is "to organize a staff of instructors comprising the best men and women in those subjects related to the control of venereal diseases, so that health officers, private practitioners, educators, psychologists, sociologists, and other concerned may come for a short period of intensive work and supplement their knowledge in such a way as to make themselves more efficient in their work."

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The first course of the Institute will take place in Washington from November 22nd to December 4th, and a certificate of attendance will be issued by the U. S. Public Health Service to each member of the Institute who attends regularly one or more courses. Immediately following the sessions of the Institute the All-America Conference on Venereal Diseases will be held, also in Washington. The sessions of the Conference will be held from December 6th to 11th.

Inquiries about the Institute should be addressed to the U. S. Public Health Service, Washington, D. C., and inquiries regarding the All-America Conference on Venereal Diseases should be addressed to Dr. Charles Bolduan, Executive Secretary, 411 Eighteenth Street N. W., Washington, D. C.

It is seldom that we give space to announcements of meetings of medical or similar societies. We have too little space for padding, but we consider the Institute and the Conference so important that we cheerfully give them prominence in our editorial columns.

BIRTH RATE AND DEATH RATE: AN OFFICIAL CONFIRMATION

According to the census report just sent out, the number of births for the year 1919, as compared with 1918, shows a decrease of 7 per cent (in the registration area). Each state shows a decrease, the percentage ranging from less than 1% in Maryland to 10% in Utah and Wisconsin. This, the report says, is in marked contrast to previous years, in which the number of births had increased from year to year. This is very sad indeed But maybe your sadness will be counterbalanced by the cheerful news contained in the very following paragraph of the report. That news is to the effect that the infant mortality rate, that is the number of deaths of infants under one year of age per 1,000 born alive, is 87 in 1919, which is *the lowest infant mortality rate* on record in the registration area of the United States. This infantile mortality varies in different states; in the State of Oregon and Washington it is only 63 per thousand, while in South Carolina it is 113. But the average is 87. Here is one more official confirmation of what we have always maintained, namely,

That a low birth rate goes almost invariably hand in hand with a low death rate, and a high birth rate means invariably a high death rate. Now, which do you prefer? Many cradles and many graves or fewer cradles and fewer graves?

You can't get away from that. If you want an excessive number of filled cradles you will have an excessive number of little coffins.

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CRITIC AND GUIDE

INCORPORATING
The Dietetic and Hygienic Gazette, Physicians Drug News & Office Practitioner.
WILLIAM J. ROBINSON, PH. G., M. D., EDITOR

1 Year, $2.00. Single Copy, 25c.

The Editor of this Journal writes his own editorials. He says what he wants to say in the way he wants to say it without reference as to what Mrs. Grundy will say or think.

The Editor is responsible for his own opinions only. He always tells the Truth, or what he considers to be the Truth, but as he lays no claims to infallibility, he will be grateful to his readers if they will take the trouble to point out his errors.

It is better to make a mistake in trying to tell the truth
Than never to tell the truth for fear of making a mistake.

Volume 23 NEW YORK, DECEMBER, 1920 No. 12

EDITORIALS AND EDITORIALETTES

"I honor the man who is ready to sink
Half his present repute for the freedom to think
And when he has thought, be his cause strong or weak,
Will risk t' other half for the freedom to speak;
Caring not for what vengeance the mob has in store,
Be that mob the upper ten thousand or lower."
Lowell.

ANNOUNCEMENT

For a number of years The Editor has had many irons—perhaps too many—in the fire. He has withdrawn most of them, and in the future he will devote his time and energy exclusively—or almost exclusively—to his practice and to THE CRITIC AND GUIDE. He believes that the intrinsic improvement in THE CRITIC AND GUIDE will not fail to become apparent from the very next issue.

THE TWO HOUR DAY—AND WHAT AFTER?

It is claimed—they say even that it has been estimated—that two hours work per day will support a man in comfort; nay, not only in comfort, but even in luxury. And it is stated that in the future, no more than all the people will have to work—two hours per day. Lovely. I believe nothing of the kind. I do not believe that an average work day of two hours will suffice to irrigate deserts, to unite or cut apart continents, to build and to keep in repair roads, tunnels and bridges, to work the mines, to build and to run railroads and ships, to sow and to reap, to clothe and to shoe, to feed and to shelter, to clean and to cure, and to write and

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to print books for, all mankind. Nor, most certainly, will it suffice for research work, work that requires great concentration and many many hours of work at a stretch, without interruption. Most likely the eight or six hour day will remain the normal work day for many centuries to come.

But assuming it could be done; assuming that the undreamt-of wonderful development of machinery would make a two hour work day a possibility. What then? What would the people, the average, ordinary people do the rest of the day? Two hours work, eight hours sleep—fourteen hours still left. What will they do during this, the greater part of the day? Will they spend it attending prize fights and baseball games? No? They will devote it listening to lectures, studying, reading books, looking at pictures and attending concerts? How about those who do not care for lectures, pictures and concerts? I know what the answer to this question would be: *At that time* the people will be brought up so that everybody will be artistic and intellectual and everybody will esteem the cultural values of life. This is a childish answer; it is the answer that I used to give to this question when I was thirteen to fourteen years of age. But it isn't so. There are many people, and by many I mean millions and millions, who in spite of the best bringing up, in spite of all advantages, in spite of all possibile encouragement, never develop a taste for culture, for art or science. They were just born that way. I know people who were born in the best environment and who had fine private teachers and who were helped and encouraged in ever possible manner, and yet you cannot make them read a book. Any attempt in this direction results in a wide yawn. The furthest they bring themselves in the line of reading is to glance at the headings of the newspapers. Such is their mentality and millions of dollars spent on such people would not succeed in changing it fundamenally. Many of our radicals who speak of a two hour day and of all men being equal forget, or don't know, that the mental differences in people are enormous. They forget or don't know that each nation has a considerable percentage of people who while not exactly imbeciles or idiots are of a very low order of mentality; there are millions of people who are but slightly above the level of a moron, tho they appear quite or fairly normal. What will such people do after their two hours work? What, pray? And one other question, tho not strictly relevant to the subject under discussion. Should the remuneration of the half-moron for two hours of manual work equal the remuneration of the research worker, scientist and engineer who work—who find that in order to accomplish something of value they *must* work—twelve or sixteen hours a day? Somehow, it doesn't seem *quite* right.

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FEMININE MORALS IN 1920

She said she was twenty-four, but she looked much younger. Just a slip of a girl, a mere flapper. She wished to be examined and treated, for she suspected that she had gonorrhea. She read a sex book and some social hygiene publications, and she was quite sure that those were the symptoms. Her suspicions proved only too well-founded. She looked a refined, well-to-do and thoroly respectable girl. How did she get it? Oh, she had a ***number*** of ***friends,*** and tho she always douched after, evidently she was either careless on some occasions or perhaps the douches did not always act as a preventive.

I considered it my duty to give her a one-minute lecture on the dangers of promiscuity. Now, I said, you have gonorrhea, which if attended to ***at once,*** as you have done, and treated energetically, is not so very serious and can be radically cured in the vast majority of instances. But, suppose, you contracted ***syphilis?*** I pronounced the last word with proper emphasis. "Oh, I have had that," she answered nonchalantly. Just like that. And there was a note of real triumph in her voice. As if she wanted to say: that is an old story to me, I am not afraid of it. So might a person, cautioned against entering a room in which there was a measles case, say: Oh, I needn't mind, I have had the measles.

I confess, for a moment I was thrown out of my equilibrium. "What do you mean, you have had syphilis? And how do you know that you haven't got it now?"—"I am quite sure, I haven't it now, because the last three Wassermanns were all negative." And then she gave me the history of her case, the number of salvarsan, neosalvarsan and mercurial injections she received, also internal treatment, etc., and I saw that she knew what she was talking about. And it appeared that she indulged very frequently and was quite promiscuous, tho "of course" only with her friends, with people she knew. "And you use no precautions?" "Nothing, excepts a douche afterward."—"And how about pregnancy? Are you not afraid of getting caught?" "I was caught several times. Twice I had to have an abortion produced. But now whenever I am a few days overdue, I know what to do." You could not phase that young lady. And yet I believe I succeeded in impressing upon her, before she left, that she was travelling a perilous path; that if as Mark Twain said, she could not be moral, she should at least be more careful, more sanitary: that if she continued to take things so lightly, something might happen to her, unexpectedly, which might make her wish she were rather dead.—

Whether the impression I made on her mind will be permanent or only ephemeral I cannot say; but the question is:

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are there many more like her? With the exception of certain pathologic curiosities, there are no "unique" cases. If a physician sees a certain case in his office he may be quite sure that there are many similar cases. And if there are thousands of cases like that of my young patient, whom we will call Irene, what has become of our boasted feminine chastity? Or is it so bad in the large cities only?———

Irene is cured of her gonorrhea, and I will tell you something: before a year has passed she will be married, I trust happily married, to a nice young man. I know personally several cases of women, of ages ranging between sixteen and forty, who went thru one or both venereal diseases and one to three abortions and who are now making excellent wives to their husbands. Perhaps it is just because or partly because they know that they sinned against their husbands that they make such good wives. (If all husbands who had sinned against their wives made, on that account, excellent husbands we would hardly have a bad husband. Isn't that so?) In the majority of instances which I am referring to, the husbands remained ignorant of their wives' pasts. And on the whole it was better so, tho in the few cases in which the husbands knew, it seemed to make no difference (it may in future years) and the wives were free from the nerve-wrecking dread of being found out.

THE EFFICACY OF VENEREAL PROPHYLAXIS

To all those good people, doctors and laymen, who doubt the efficacy of venereal prophylactics, we should suggest the careful reading of an article in the Journal of the American Medical Association (October 2, 1920) by Dr. Joseph L. Moore of Baltimore, entitled "The Value of Prophylaxis against Venereal Disease." The significance of the article can be gleaned only from a careful perusal of all the details. But it is the author's conclusion that so far as the district of Paris was concerned, which by the way was the most difficult locality to handle as nothing could be done towards the suppression of prostitution, the use of prophylaxis was the largest single factor in the prevention of venereal disease.

The statistics presented show that prophylaxis, under the circumstances under which it was employed, was 99.6% efficacious. The author believes that prophylaxis is perhaps equally efficacious against all three venereal diseases.

TRY TO FORGET THE HORRORS.

When the history of the war comes to be written it will be found that the most horrible atrocities of all were committed by the Poles, the Ukrainian bands and the armies of Kolchak, Denikin and Wrangel. The very cruelties of the Spanish inquisition seem to pale beside them. It is impossible

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to read the details without a feeling of faintness and nausea. And yet it will not do to dwell upon them, to harp on them. The thing to do is to forget them, at least *to try* to forget them, and to work for conciliation, for peace, for amity. Yes, even the Polish and the counter-revolutionary horrors we will have to forget, if we want to put this world back on its feet again.

IS THERE GROUND FOR HOPE?

Many an optimist who lived in a fool's paradise was made into a gloomy bitter pessimist thanks to the war. I don't see how anybody not an imbecile could have preserved his cheerful optimism in the face of the wanton horrors of this wantonest of all wars. Since August, 1914, the writer, like all sensitive persons, has been going thru the tortures of hell. And the end is not yet. No, not yet. *But it is in sight.* I believe I can perceive a ray of light. I believe the nations, victors and vanquished alike, are beginning to see how uselessly cruel, how wickedly stupid they all were; they are beginning to appraise the war at its true value—not as a fight for ideals and principles, but as an outbreak of murderous insanity, with money and territory in the background. Unless my inborn optimism again deceives me, the nations are getting ready to begin anew a sane peaceful life. And, unless again the wish is father to the thought, this *has been* the last world war.

ROWDYISM AND CRIME IN AMERICAN AND EUROPEAN COMMUNITIES

I have always claimed, as you know, that there is more rowdyism, more brutality, more violence and more crime of every kind in this country than in any other country in the world. I have had no statistics to support my claim, but I did not need any. All it is necessary to do, is to take a walk thru the slums of New York, Chicago, London, Paris, Rome, Berlin, Vienna, Odessa, Moscow, etc., and the difference will be apparent. In our American cities, large and small, the rowdies and ruffians are in evidence on every corner—in European cities they are exceptional. Even the apaches of Paris are harmless infants in comparison with our rowdies. As I said, I have had no statistics to support my claim but now comes Mr. Rockefeller's Bureau of Social Hygiene and gives statistics in support of everything I have ever said on the subject. Let me quote some figures from the Bureau's announcement:

"As to the fact of our excessive criminality, the statistics furnish startling evidence. London in 1916, with a population of seven millions and a quarter, had nine premeditated murders. Chicago, one-third the size of London, in the same period had 105, nearly *twelve* times London's total. In the

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year 1916, indeed--and it was not an exceptional year—Chicago with its 2,500,000 people had twenty more murders than the whole of England and Wales put together with their 38,000,000 people. The Chicago murders during this year total one more than London had during the five-year period from 1919 to 1914 inclusive. In 1917 Chicago had ten more murders than the whole of England and Wales and four more murders than all England, Wales and Scotland. In 1918 Chicago had fourteen more murders than England and Wales. In 1919 the number of murders in Chicago was almost exactly six times the number committed in London.

"But Chicago is not exceptional. Other American cities suffer equally from comparison with crime conditions abroad. New York City in 1916 had exactly six times the number of homicides (murder and manslaughter) that London had for the same year, and only ten less homicides than all of England and Wales. In 1917 New York had six times more homicides than London, and exceeded the total homicides of England and Wales by 56. In 1918 New York again had six times more homicides than London, and exceeded the total homicides of England and Wales by 67. This contrast cannot be attributed to the peculiar conditions in London induced by the war. In each of the years from 1914 to 1918 inclusive New York had more homicides than occurred in London during any three-year period previous to the outbreak of the war in 1914.

"Statistics of this kind could be multiplied at length. In the three-year period 1916-1918 inclusive, Glasgow had 38 homicides; Philadelphia, which is only a trifle larger, had during this same period 281. Liverpool and St. Louis are approximately the same size; in 1915 St. Louis had eleven times the number of homicides that Liverpool had, and in 1916 eight times the number. Los Angeles, one-twentieth the size of London, had two more homicides in 1916 than London had for the same period; in 1917 she had ten more than London had. Cleveland, Ohio, one-tenth the size of London, had more than three times the number of homicides in 1917 and approximately twice the number in 1918.

"Equally significant is the comparison of burglary statistics between Great Britain and the United States. In 1915, for example, New York City had approximately eight times as many burglaries as London had in the same period, and nearly twice the number of burglaries reported in all England and Wales. In 1917 New York had four times as many burglaries as London, and approximately the same number as occurred in England and Wales. In 1918 the burglaries which the police reported in New York were approximately two and a half times those in London.

"While war conditions undoubtedly served to heighten this contrast, they were by no means entirely responsible

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for it; in 1915 New York City had more burglaries than occurred in all England and Wales in 1911, 1912, or 1913. Chicago in 1916 had 532 more burglaries than London; in 1917, 3459 more; in 1918, 866 more and in 1919, 2146 more. Detroit and Cleveland generally report several hundred more burglaries per annum than London, altho London is seven or eight times larger. In each of these two cities in 1917 and 1918 the number of burglaries averaged one-fourth the number committed in all England and Wales. The annual burglaries in St. Louis always exceed those in London.

"The disproportionate number of burglaries occurring in American cities as compared with English cities is reflected in the prevailing burglary insurance rates of the two countries. Due to differences in insurance practices and methods, exact comparisons are impossible, but enough has been gathered from careful investigation to warrant the general conclusion that burglary rates in American municipalities are from *fifteen* to *twenty* times higher than in the principal cities of England.

"Even more startling are the statistics of robbery. New York City in 1915 reported 838 robberies and assaults with intent to rob where London had 20, and England, Wales and Scotland together had 102. In 1916 New York had 886 such crimes to London's nineteen, and England, Wales and Scotland's 227. In 1917 New York reported 864 to London's 38, while England, Wales and Scotland reported 233.

"In 1918 New York had 849, while London had 63 and England and Wales had 100. This contrast is by no means ascribable to war conditions, although such conditions undoubtedly heightened it. In each of the four years from 1915 to 1918 inclusive, New York City had from four to five times more robberies than occurred in all England and Wales in any one of the five years preceding the war.

"Practically the same proportion exists between Chicago's robberies and those in Great Britain. In 1918, for example, Chicago had 22 robberies for every one robbery in London and 14 robberies for every one robbery in England and Wales. Washington, D. C., in 1916 had four times the number of robberies that London reported; in 1917 three times the number; and in 1918 one and one-half times the number. Los Angeles in 1916 had 64 more robberies than all of England, Wales and Scotland put together; in 1817 she had 126 more than these three countries.

"Cities like St. Louis and Detroit, in their statistics of robbery and assault with intent to rob, frequently show annual totals varying from three times to five times greater than the number of such crimes reported for the whole of Great Britain. Liverpool is about one and a third times larger

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than Cleveland, and yet in 1919 Cleveland reported 31 robberies for every one reported in Liverpool."

Automobile thefts are also very much more prevalent in America than in Great Britain. And so with every sort of crime.

In trying to account for this enormous amount of crime in our country the shallow-pated sociologist or politician will probably want to throw the blame on our foreign population, but the Bureau, quoting from Mr. Fosdick's forthcoming book "American Police Systems," says that "if the offenses of our foreign and colored races were stricken from the calculation, our crime record would still greatly exceed the record of western Europe. No, the foreigners and the negroes cannot be blamed for our orgies of crime. What is the cause then? The believers in economic conditions as the sole cause of everything good and bad blame poverty for crime. But nobody will deny that the economic condition of our people as a whole is superior to the economic condition of any European country, so bad economic conditions can not be the real cause. In my opinion the cause of the much greater amount of crime in our country as compared with any other country in the world, is the streak of sadistic cruelty which is very evident in a great portion of our population. And then instead of frowning upon any kind of rowdyism, we encourage it. We approve of and encourage street fights among boys, we pay high prices to witness prize fights—in short, we are making rowdyism, cruelty and lynching into a cult instead of combating them by all possible means as they do in Europe.

As Mr. Raymond B. Fosdick says in guarded and polite language, "with all its kindliness and good nature, the temper of our communities contains a strong strain of violence. We condone violence and shirk its punishment. We lack a high instinct for order. We lack a sense of the dignity of obedience to restraint which is demanded for the common good. We lack a certain respect for our own security and the terms upon which civilized communities keep the peace. There is probably more undisciplined, egotistic, mischievous force in the United States than in any country of first rank in the world. This indictment, framed by an indignant newspaper, is scarcely exaggerated. There is hardly a community where its accuracy is not vindicated. It is little wonder, therefore, that the task which we have set before our police has all but proved impossible."

I would add that our police and detective force being recruited from the rowdy and ignorant elements, are themselves frequently responsible for acts of violence and brutality, are themselves often responsible for lawlessness and crime.

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THE FRIGID MAN AND THE TORRID WOMAN

Many articles have been written and many complaints are heard about the frigid woman. Very little is written about the frigid man; not the impotent man, who would gladly have normal relations with his wife if he were able to, but the man who is able to have relations, but is always so frigid, that the whole thing is distasteful to him, and it is only by coaxing or anger or threats that the wife can induce him to attend to his "marital duties" once a month or once in two, three or four months, or even at longer intervals.

It is a phase of the sexual misery which fills the world to overflowing. Here you have the oversexed man tied to a frigid woman, to whom the sexual act is a thing of disgust, suffering or indifference; in the next household a female volcano is bound to a frigid weakling, who performs the act in a grouchy and grumbling manner and leaves his wife in a condition of such tension that it seems to her that every nerve in her body, every muscle, would snap. Nevertheless, ninety-nine times out of a hundred, she remains faithful, suffers in silence, and attends to her household duties a pitiable nervous wreck. Sometimes she becomes a shrew—for which nobody can or rather should blame her. My theory, I may say in passing, is that all shrews are sexually unsatisfied women. But we see only their shrewishness—their sufferings and longings we do not see, and if we did we would hardly be sympathetic. It is hard to feel sympathetic towards a shrew, even if we know that the woman is not responsible for her condition.

Yes, all in all, it is a wretched world. The happiness in it is but a drop in an ocean of misery. For again and again I must repeat: sex starvation can cause almost as acute suffering, almost as deep despair, as lack of food.

THE NOBLE OCCUPATION OF TRAPPING MALINGERERS

I have just read in a book on War Neuroses by an M. D., LL. D., F. R. S., F. R. C. P., Brevet Lt. Col., R. A. M. C., how clever the author was in discovering malingerers and sending them back to the trenches. I haven't half as many letters after my name, and yet I'd be damned if I'd engage in that sort of business. Not for a thousand dollars a day. Might as well be a detective, a spy, a snooper. The man is malingering? Let him. Why shouldn't he? So would I if by doing so I could escape the brutal necessity, imposed upon me from without, of murdering people and of being murdered. If *every* soldier in *every* army, without exception, would malinger, there would be no wars. To me the thing is perfectly clear, and yet the number of people who would see something mean, something ignoble in the business of trapping military malingerers and forcing them against their will to the mouth of the cannon is probably very small indeed.

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THE MYSTERY OF "WOMAN"

Woman. By Magdeleine Marx. Translated by Adele Seltzer. Published by Thomas Seltzer.

I wish somebody would be good enough to explain to me the mystery of "Woman" by Magdeleine Marx. Here is a book that comes to us overloaded with extravagant praise by some of the world's greatest writers and critics. Henri Barbusse says that he has no hesitation in applying to it the words "genius" and "masterpiece." Romain Roland says that "it is the work of a great talent, a vigorous work." Georg Brandes calls it "original, profound, daring."

There are similar encomiums by Stefan Zweig, Bertrand Russell, Israel Zangwill, etc. Naturally I was anxious to read the book. I have read it. And in my opinion it is not only not any of the things that Messieurs Barbusse, Rolland, etc. say it is, but it is about the most insignificant book that I have read in a long time. The pifflingest piffle. Nothing but words, words, words.

The fact that the heroine claims that a woman may love her husband sincerely and have a lover at the same time, and with the husband's knowledge, is not in itself sufficient to stamp the book as "daring, original" or as a "masterpiece."

The book makes extremely dull and heavy reading and I had to force myself to read it. And I repeat, I should like somebody to explain me the mystery of the paeans that have been sung to it. Of course somebody might say that if Barbusse, Roland, Brandes, etc., consider "Woman" a great book and I do not, it may simply mean that the fault lies with me that I do not know good literature when I see it. Perhaps so. But I am not willing to accept the explanation. One who has been brought up on the world's great classics, one who was reading with the deepest enjoyment Tolstoy, Turgenieff and Dostoyevsky at a time when boys of similar age are wallowing in Nick Carter's stories, is not likely to be altogether ignorant as to what constitutes good and what constitutes piffling literature.

One piece of advice I would give to Mr. Seltzer. You know the story of "Wolf, Wolf." So many times did the boy deceive the shepherds that when a wolf actually did come and he called in despair for help they did not believe him; and the results were disastrous. Mr. Seltzer is so extravagant in his announcements and on his "jackets" about every book that he published, that if he ever does publish a masterpiece and announces the fact, people will shrug their shoulders and remain skeptical.

It is possible that the translation is somewhat responsible for the heaviness of the book but this is only a surmise as I have had no chance to compare the translation with the original.

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Original Articles

PRECOCIOUS CHILDREN

Precocity and its dangers should be better understood. It is an abnormality of very grave character.

A lack of knowledge of physiology and hygiene, and a feeling of pride that their children should appear so promising lead many parents to encourage the youngsters to push their already abnormal powers to the utmost.

To begin with, the very purpose is defeated by this pushing process. The object being all-round development, no more certain course for failure could be taken than to permit undue effort in childhood. Ordinarily, the brain appropriates about one-tenth of the blood. In the growing years, when so much energy is required to build the bodily structure, even this is regarded by some physiologists as too much, and when we consider that brain-work increases this amount very greatly, we may readily see that the balance of nutrition must be disturbed. Usually coupled with this positive injury to health we have the negative one of lack of play and physical exercise which would tend to re-establish proper circulation and relieve the nervous tension. For it is notoriously true that, in these days of extensive curricula, the pupil who leads his class has little time for recreation, even should he have the inclination.

The appetite fails, breathing becomes shallow; so the body is poorly nourished. The developing brain calls for more blood, which the digestive apparatus cannot supply. A kind of ennui comes on; the victim begins to see his mistake, and there results sometimes an aversion to mental work which lasts thruout life. During the next few years the parents suffer more than their child; the teacher is surprised, mystified, then vexed at the change, and often adds to the injury by harsh words prompted by an erroneous interpretation of appearances.

Meantime, perhaps another student who has been considered somewhat old for his grade plods along at a steady rate. With him there are no flights of genius; he doesn't stand at either end of the class. His robust health receives daily attention, for he is fond of play; so he is able to attend school every day. He makes only one grade a year, but this much is accomplished easily, and in a few years perhaps he is further advanced than he who made two grades in one year and spent twice that time recuperating.

These sad results, so disastrous to the child, and so humiliating to parents, may easily be averted. Teach chil-

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dren that the basis of success in every human effort is good health. Instil the proper attitude toward erudition, but emphasize Spencer's statement that if education is attained at the cost of health it is bought too dearly. Also, explain that real education includes the attainment of health and physical development and a knowledge of how to maintain these; that any system of one-sided education produces undesirable results.

It will not be long before the juvenile himself will see the advantages of avoiding extremes in study. Power of application when the nerves are calm enables one to accomplish much more in one hour's study than can be drawn from two hours with an exhausted brain.

To cite an example familiar to many: Several hours have been spent on a problem after other lessons have been prepared, and bedtime arrives with no solution yet gained. Nervous and tired, the student retires, and tackles it in the morning, with refreshed faculties. The task is now easy, on the same principle that a fresh horse can do more effective work than a jaded one.

Along this line there is a particular point to discuss, namely, the custom of cramming for examinations. It is rather surprising that students, especially those having athletic experience; have not more generally discovered the error of this. Really about the same rules apply to successful brain work as to physical contests. The experienced boxer, weight-lifter or runner does little or no training the day of the competition, and many practically discontinue several days prior to it. This rule applied to examinations would prevent many failures of highstrung pupils who, under usual conditions, are among the leaders, but come to the test in the condition physical trainers term "stale." They are too much "drawn out" and too nervous from over-study.

By keeping the daily work well up and beginning the review study some time in advance of examination day, paying careful attention to daily exercise, the test can be met far more successfully.

Having shown the pupil the wisdom of moderation, its practical value in the achievement of his purpose, it will not be difficult to induce him as he grows older to arrange a plan of daily work and recreative exercise. The practice of systematizing is one of the requisites of a successful life; many failures could be traced directly to a neglect of method. Youth is the best time for the formation of good habits, and the child who is taught to regulate his life with a view to an even balance will usually maintain the course thruout life. Teach him to apply his brains to whatever he does; to think out the scientific, economical method.

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This regularity of work and play precludes the development of that morbidness so harmful to the mental and physical health. Melancholy is unknown to those children who engage in outdoor sports. Games such as baseball, tennis, boxing, etc., inculcate quick, accurate judgment, a respect for the rights of others and a general optimistic attitude—all thru the production of a perfect circulation and nervous tone.

The child who is precocious along one particular line is in more danger than he who is generally premature mentally. The latter may be saved ultimately by that very diffusion of interests, but concentrated thought and study on one subject by a child—and often by adults—tends to an intensive, subjective frame of mind.

The musical prodigy, the mathematical wonder, etc., are examples of the specialized mentality. How many of these little fellows retain anything like relative superiority in adult years, what percentage? I could mention a number who appear to have done so; especially in the musical world, but there is something else to be thought of right here: we hear of those who have become great; while we seldom know of the failures, unless so situated as actually to observe them. Personally, I can readily recall several schoolmates who were "phenoms" in their early teens, and rather below the average mentality at twenty-five. If a person can strain and dwarf the physical organism in childhood, to his ultimate detriment, why is it not reasonable that mental extremes should be balanced later by subnormality? It does not always so end, fortunately, but the chances for such an effort are very great.

Parents may not like to admit it, but I think them greatly to blame for the regrettable results of precocity; not for its existence, but for its encouragement and development. I cannot agree with some writers that wonderful gifts in children are practically nothing but developed effects from early and constant coaching. I am sure that genius is born in some youngsters, and parents are not to be blamed—or commended—for this; particularly if we grant the possibilities of atavism (throw-back heredity). They may have little to do with the gift's origin; but we must hold them to strict account as to the handling and education of such children.

I have heard parents argue that not to encourage and develop an obvious gift is wrong, that music, for instance, is going to be the child's life work, so the earlier he concentrates on it the better. That sounds good, but as a matter of proved fact, real genius requires as much restraint as encouragement, perhaps more; it is self-assertive—and apt to be self-destructive, if not governed. To narrow the possibilities for a child by over-concentration on one aim is to introduce a graver danger than the neglect of a gift—the danger of making him unfit for anything else, unhealthy and unhappy.

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THE CHILD'S SPINE

The spine is the body's support. The merest tyro in mechanics should know this from the obvious facts of bodily construction, were there no such thing as physiological teachings. The function of the spine as a canal for the spinal cord is important, but in this article we shall discuss it merely as a support, a backbone.

A perfect spine among human beings is an approximate term only. It is structurally our weakest part, and invariably shows the effects of various harmful influences, as the years go by. The spine is at its best in the newly born, and all persons entrusted with the care of children should strive so to handle and instruct them as to retain this approximate perfection.

No physiologist can state exactly what the spine ought to be; authorities do not agree, and what makes the decision harder is that no two spines are ever alike in all details. Judging from universal conditions, certain curves are normal —at least have become so, in effect, since man left his original "all-fours" position and walked erect.

At birth the child's spine has but one bend, a long curve backwards from end to end, straightening readily when the infant is laid on its back. When the child begins to walk the original backward curve is soon modified by two forward ones, at the neck and in the small of the back, respectively, giving the usual normal shape of the human spine.

Some people think that very young children are subject only to muscular curvatures, that unless they have rickets or some tuberculous affection the bones in themselves will remain sound and well-shaped. The truth is that a blow on a child's spine may easily dislocate or break one of the little "spool" joints, a vertebra; and often a serious break has resulted from dropping a baby.

Carrying a baby always in the same position is another generally unsuspected cause of injuries to its spine. Remember the very little fellow spends a lot of his time on nurse's arm, and unless she is ambidextrous or exceptionally thoughtful, she is apt to hold him always in the same position, on the same arm. Leaning day after day at the one angle, with no compensating movements, deforms some tender little backbones before the youngsters are even able to walk.

Assuming that there are no malformations, frequent change of position will be sufficient to retain normal shape of the baby's spine until he is old enough to play. Then massage the backbone every night or two; lay the child upon its face, and with the thumbs press along on each side of the column from neck downward. Mostly it will be soft and yielding, but when a hard vertebra is found the tenseness must be massaged out. Fine treatment for the growing spine

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Watch the child's clothes. He or she is apt to be too busy with play to tell you of anything but the most serious troubles. Heavy coats, by humping the shoulders; suspenders, if they pull unequally on the shoulders; restrictions that cause unnatural positions in carriage, etc., are certain to affect the spine more or less.

When he enters school, and long before, for that matter, see that he learns and adopts correct sitting posture. Seventy per cent or more of the abnormal spinal curvatures are caused by faulty posture and carriage. Prevention is the thing, for not infrequently a muscular curvature, simple of correction at first, becomes osseous (of the bones) when long neglected. The cartilage between the vertebrae wears away on the compressed side of the column and permits two "spools" to touch on that side. New bone forms here, solidifying the spine in the unnatural curvature.

In his work or play, in everything he does, teach the child the value of using the hands equally and of frequent change of position. Do not let him carry heavy things in any position nor play any games that necessitate an over amount of bending in one position. Too much boxing "in a crouch" and the racing position on a bicycle have done a lot of harm, tho the exercises are fine, with the proper precautions.

Examine the child's back frequently; changes in the growing body sometimes come with astonishing rapidity. You will be able better to judge a spine than you may have supposed. Anyone can detect humped shoulders or an unusual degree of "swayback-ness." These are antero-posterior curvatures; lateral ones (to the sides) can sometimes be discovered by the simple test of comparing the respective distance of the arms from the sides, when the subject is standing in his natural pose, arms down. If one arm, at about its mid-section, seems to hang much further from the body than the other, it may mean that the spine has bent as a result of unequal use of the side muscles and drawn the body accordingly. Also, watch the child's general health closely; general weakness increases susceptibility to spinal deformity.

Children, particularly very young ones, should not stand for long periods. Have them lie down once or twice during the day, or oftener if they complain of fatigue or pain in the back.

Gentle exercises that develop the back muscles normally and evenly can be recommended, generally. One of the best all-round exercises for keeping the backbone in condition is to lie face downward, feet under something heavy to hold them down, and lift the head and shoulders a few inches from the floor. Repeat until slightly tired, but do not strain.

Hanging from a bar with both hands is good for the

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spine. After a little practice, if the exerciser is not too weak, using one arm at a time is fine. Be sure to use the arms equally. Of course, these are mainly preventive measures, and would not benefit some particular cases of established curvature.

MUSIC IN CHILD-CULTURE

Educators have much to be thankful for in the fact that the public is at last accepting music as an important part of education. Formerly, it was regarded as an empty accomplishment, an evidence that one had been idle or wealthy, or both.

"Music is to the mind what air is to the body," said Plato long ago. Music is at natural to the child as walking; many children sing before they walk. Music is refining, ennobling, constructive in the widest sense; its power in the home as an aid to character building in the children is now being fully appreciated.

Music is in virtually every child. Neglected, even wonderful talents atrophy, or take some unnatural course. Any parent can use the study of music to great advantage in molding his child.

Every thoughtful adult knows that the sooner we get what might be termed "a personal grip" on our children the better. I refer to that relation between parent and offspring wherein the child gives its parent more than "instinctive love," wherein he finds an active, definite explainable interest in their being together, a preference for home and the pleasures and comforts for which that home stands.

I say positively that many children can be reached with this personal touch thru music sooner than in any other way. Of course this presupposes a selection of suitable music, simple little tunes and easy, interesting words. Every mother knows that a baby's first questions are apt to refer to these songs. No better proof could be asked that music is *in* the human composition than the fact that a *sung* story elicits questions and analytical effort when the same story spoken falls on deaf ears. Many simply worded nursery songs embody lessons and vital principles; many a child has abstracted from them a motto that endured thruout life.

While on this point of moral influence, it is well to note that music is one of the greatest vehicles of religion. Is it not by music, instrumental or vocal, generally both, that the church seeks to draw in the casually interested? And is that not significant? If there were more effective ways usable for them church organizations would have employed them before now. Many youngsters feel their first interest in church, Sunday school, Christian Endeavor, etc., thru the pleasurable exercise of singing. Not infrequently, too, a

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love of music and all it stands for is rekindled in the parents, who perhaps have been too busy for the preceding decade to practice as they used to. Perhaps also, these adults may find interesting improvements "since their day," as the child's work progresses.

Many school teachers, appreciating the educational value of music, are doing much to develop the child's interest by staging musical playlets occasionally. Take a popular story like "The Pied Piper"; you remember, the burgomaster of Hamelin hires a mysterious piper to charm away the rats that infest the city. When refused his payment, the musician charms away the children of the place and leads them into the mountains, returning them at the story's conclusion. Most children are familiar with this yarn, and are readily enthused with a chance to assist in a musical interpretation of it.

Easily understandable lectures on music usually interest children, especially when illustrated. The Fletcher system of teaching very young children is effective; the music staff is painted on tables and wooden blocks are used to explain the scale. The "animal piano" too, never fails to attract children; and they can really play on this, for the animal pictures on the keys are exactly duplicated on the music sheet. The youngster can not fail, and, delighted with his success, immediately wants to go further in the study. These "interest ticklers" are not to be spurned; trivial tho they seem to adults, they often serve their purpose surprisingly well—to say nothing of the entertainment afforded the little ones. Music in the home, whether it consists of a toy or a pipe organ, can be relied on to help in keeping the children in love with their home, and that most assuredly is worth any effort.

But I believe one of the drawbacks is right there, in parents exaggerated impression of the cost and difficulties of providing music. Often an instrument, after it is bought, lies idle for months or years because of the cost of lessons. The same father that might mortgage his home to get an automobile says that it is unwise to go in debt, when the purchase of a piano is mentioned. An auto is all right, a fine thing, but—so is a piano or a violin. Assuredly the latter will not cost like an auto, will not jeopardize your life nor get you into the police courts! Further, no parent who is willing to make sacrifices to send his child to school is consistent if he declines to "pinch and save" that music lessons may be taken; the latter are a part of a well rounded education, and will give the pupil some things not to be otherwise attained.

There is no excuse for any home being entirely without music. Even if no instrument can be obtained, still the little

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folks may be encouraged to use their voices. In this connection, I want to quote some sensible and encouraging words from a teacher of music in the public schools:

"For the first three or four grades at least and sometimes all of them the children sing without an instrument and any mistakes very easily make themselves heard. It is not long till the individual child will detect and call attention to a person who is singing a little flat or sharp. In after years almost all singing is done with an instrument and truly the piano often covers a multitude of singers' false notes. I do not advise the use of an instrument at all *with* the singing lesson. It is extremely useful to help illustrate as in the case of chromatics and intervals and I consider the teacher most fortunate who has a piano in the room just as I do the lucky teacher who can show her class what good music really is by playing a fine record on the victrola, but I would no more consider teaching a song by allowing the class to sing with the victrola than the promiscuous use of the piano to teach new songs."

The ability to play a little or sing fairly well makes a child popular—and this with the desirable kind of associates. It gives him social opportunities which he might otherwise miss. Reasonable popularity is good for a boy or girl; it makes for self-respect and stimulates ambition and endeavor. If a child is a little backward in something else, possibly in some branch of his school work, his music advantages will balance this deficit and give him that desirable feeling of equality necessary to progress.

Children who are too weak or defective for ordinary play should by all means be given music; if this or something similar is not done for them they will inevitably suffer loneliness and slight. Music is peculiarly effective in its power to console; give a music-lover his art and he can live in "a world apart." Not that we should encourage self-isolation in a child—and this is seldom likely; but all handicapped children are entitled to any instruction that will help to ameliorate their misfortune.

The music-studying child is usually more systematic and punctual than his non-musical neighbor. For some reason, individual study forms more permanent habits of application than such collective work as is given in the average graded school. True, the system itself may be more rigid as applied to a number, as in school; but the *habit* of regularity is what we wish the child to acquire, and he gets it more satisfactorily when *he is the system* instead of being a mere cog in it. Conscientious practice of his music lessons, without any compulsion, is a fine "sign" in a child, and splendid training for future general efficiency.

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Medicine and Therapeutics

MAY ABSCESSES BE ABORTED?

May an abscess be aborted? Yes. Where the abscess is not fully developed it is perfectly legitimate to try to prevent its development by external applications of antiseptic compresses, such as Burrow's solution, mercuric chloride 1-10000, Thiersch's solution or injecting into the inflammatory area one to three drops of carbolic acid or some tincture of iodine.

BORAX IN THE TREATMENT OF EPILEPSY.

Dr. John McCartney (British Medical Journal, October 9, 1920) who is assistant medical officer of the Lanark District Asylum, has used sodium borate in the treatment of 42 cases of epilepsy with highly gratifying results.

Formerly the routine treatment was a large dose of potassium bromide (gr.xxx) night and morning. Examination of the ward books, in which a record is kept of all fits in epileptic patients, shows that this has had little effect in reducing the number of fits or bringing about any mental improvement. The only change noticeable was a lessening of excitability and an increase of mental confusion.

Sodium biborate is mentioned in medical textbooks as an alternative to potassium bromide. Eight months ago the author decided to try a mixture containing potassium bromide and sodium biborate. The results were so striking after a fair trial, that it was decided to apply the treatment more widely. The benefit of the treatment has been very marked in all the wards; in two, where the treatment has been in use for four months, the fits have been reduced by 64 per cent., and in two other wards in which the treatment was commenced about six weeks ago there has been a reduction of 68 per cent. and that amongst patients who formerly had fits at regular intervals. It is interesting to note that in the male hospital four of the patients have had no fits since commencing treatment. Previous to treatment, three of them never went longer than eight days without having fits, and the other averaged twelve days and then had about from three to five fits.

The total number of patients in whom the above treatment has been tried so far is forty-two; in all there is a marked improvement in the mental state of the patients, and in all except one the number of fits has been reduced. In addition to the marked mental change and lessening of the fits, other points noticeable are the great reduction in the amount of sedative used, and the marked diminution in the number of accidents which occur.

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ETHYL HYDROCUPREINE IN PNEUMONIA.

Pneumonia is still the captain of death and any remedy that promises results in this disease must be given a careful study. The only really high degree of specificity so far discovered is that of ethyl hydrocupreine for the pneumococcus. This drug kills the pneumococcus in strengths of 1 in 500,000 or less, but for other bacteria it must be 100 or 1,000 times stronger to produce a comparable effect. By injections into rats, mice, and guinea-pigs this alkaloid can effect a cure of the septicaemia caused by pneumococcus; but when it is used in the treatment of pneumonia in man the evidence as to its specific action and value is, so far, conflicting. There are not lacking many physicians, especially Germans, who extol its virtues for pneumonias of various kinds; some few deprecate its use on account of its toxic action on the eye. There can be no longer any qustion that this alkaloid kills the pneumococcus in the blood of man when administered in doses that it is perfectly permissible to administer. Results have shown that a bactericidal action for pneumococci is produced in the blood serum of patients if they receive by the mouth an amount of ethyl hydrocupreine hydrochloric corresponding with 0.024 gram per kilogram body weight per twenty-four hours. It is not easy to explain why physicians have not obtained more striking results with a drug which destroys the primary cause of the disease. It is of comparatively little value to administer tetanus antitoxin when the toxin has already poisoned the nerve cells, and I venture to suggest tha for a similar rason ethyl hydrocupreine may be of little value when the pneumonic condition is at its height. The pathology of early pneumonia is not well known, but the pneumococcus is apparently plentiful only in the early stages of the attack. The inflammatory process then continues in the ordinary course and may go on, even tho all the pneumococci be dead. If this interpretation is correct, ethyl hydrocupreine would be of little value in the treatment of well pronounced cases of pneumonia, but should be of inestimable value in early cases and as a prophylactic. So certain are we of our facts concerning this drug—that we can render the blood of our patients pneumococcicidal—that the gravest reasons only should condemn it to oblivion.

The dose recommended by Morgenroth is 20 to 25 gr. in the twenty-four hours, and this dose Moore and Chesney have shown to be sufficient to render the blood pneumococcicidal.

Unfortunately, treatment by ethyl hydrocupreine is not free from danger. It is well known that quinine in medicinal doses may contract the field of vision and even produce blindness. This effect seems to be more pronounced with the substance under discussion, and altho Morgenroth has justifiably criticized some of the physicians who after using the alkaloid

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described amblyopia, on the ground that they prescribed unnecessarily large doses—Feilchenfeld, for example, administered 60 gr. in twenty-four hours—yet such a writer as L. Schreiber describes optic atrophy after using the drug on a patient, and states that after very careful dosage permanent toxic symptoms may appear. W. Zweig describes how a dose of about 8 gr. caused total amblyopia; in this case gradual improvement occurred, but a grave disturbance of sight remained which induced him to advise against this form of therapy. E. Leschke also draws attention to the disturbance of vision, and recommends the use of smaller doses and the employment of the less soluble derivatives such as the base of salicylic ester. Ethyl hydrocupreine, therefore, tho a true specific for the pneumococcus, is not ideal, as in a small proportion of patients the optic nerve and retina may be effected; it is true that this condition is generally transient, as with quinine, yet permanent disturbance of vision sometimes results. The number of physicians—and I have some thirty reports before me—who write favorably of this treatment is large in comparison with those who have no use for it.

TO REMOVE DRUG STAINS FROM SKIN AND LINEN

For iodine, moistening with ammonium or sodium thiosulphate. For silver nitrate, washing with a 10 per cent. solution of potassium cyanid or 10 per cent. potassium iodide. The yellow silver iodide spots are removed with sulphurous acid. Ten parts each of mercuric chloride and ammonium chloride in 80 parts water will clear the skin of silver nitrate spots. For chrysarobin, rub with benzol (benzene). For resorcin, weak citric acid. For picric acid, leave the spot in contact with potassium sulphate for one minute then wash with abundance of soap and water. Or apply a paste of magnesium carbonate in water to the spot and after a time rub it off. Old pyrogallol spots cannot be removed. More recent spots can be treated by warming in contact with a 10 per cent. solution of iron sulphate until it turns a bluish black; then apply water freely and afterward a solution of an oxalate, rinsing abundantly. The procedure has to be repeated. For coal tar colors, spirit of soap. For argyrol, mercuric chloride solution; effect is instantaneous.

GLASS TUMBLER IN RECTUM TO INCREASE SEXUAL POWER

Dr. Ralph E. McIndoo, Indianapolis, reports the following case. (Indianapolis Med. Jour.).

Patient, male, age 55; barber; while intoxicated, inserted a glass in his rectum to improve his sexual power.

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Rectal examination: About two inches above the internal sphincter the thin edge of a bell of a glass was palpated. The mucosa of the rectum was markedly edematous, swollen and congested. The pulse was 120, temperature 99.8, respiration 22. Under ether anesthesia the sphincter muscles were dilated, but due to the marked edema of the lower rectum and the flaring bell of the glass it was impossible to remove it thru the anal canal. A mid-line incision above the pubis was made. The glass was palpated low down in the rectum. A longitudinal incision about three inches long was made into the rectum, it was found to be distended with gas and contained considerable blood.

The glass was reached, but edema of the intestine and the large size of the glass made it necessary to enlarge the opening. After long and continued efforts of traction on the glass with force applied thru the rectum the glass was extracted, intact with the exception of a small piece broken off but recovered.

Severe intestinal hemorrhage took place which did not respond to ligation; and packing was resorted to. A pack saturated with ferric subsulphate [a very bad practice] was inserted in the rectum and drawn out thru the anal canal. The intestine was closed with linen and silk sutures, five cigarette drains were placed down to the line of suture, and the abdomen closed with chromic catgut.

The patient was on the operating table three hours and thirty minutes, and during the last hour remained in a state of shock, very little anesthetic being required for this time.

The patient died the following morning.

The glass was a soda water glass with a bell top. Diameter of the top was 3 inches, at the bottom 2 inches, and 4 inches in length.

[It is perhaps not fair to criticize an operation which you have not watched yourself; but I cannot help believing that in more skillful hands the operation might have had a happier ending.—Editor.]

RIFLE BULLET IN BLADDER

Major F. R. Brown reports the following interesting case in the British Medical Journal (Feb. 14, 1920): On the night of September 2nd, 1919, Pte. J. B. aged 20, was troubled with an "itchy sensation" in the urethra and tried to relieve this by passing a rifle bullet into the meatus. This he accomplished without pain or discomfort, and "suddenly the bullet slipped right down and disappeared." He at once reported to his medical officer, who passed a catheter into the bladder, meeting no resistance. He was sent to hospital on September 4th and came under the author's care on September 8th.

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During the six days after his "accident" the only symptoms complained of were occasional slight delay in commencing micturition and a sensation of something inside the bladder. He stated that he could feel the bullet change its position when he rolled over suddenly in bed or if he stooped forwards quickly. X-rays showed the bullet lying transversely in the pelvis. Chemical examination of the urine showed no abnormality, but a catheter specimen taken just before operation and examined microscopically revealed ample evidence of infection—the bacteriologist reporting "numerous organisms present; pus cells; oxalate crystals and epithelial (bladder) cells."

The bullet was removed by suprapubic cystotomy (extraperitoneally) on September 10th, the bladder wall sutured in two layers and the wound closed without drainage. Apart from a mild degree of cystitis which rapidly responded to treatment the patient made an uneventful recovery and was evacuated on October 2nd, 1919.

UVULITIS

The uvula is the fleshy conical body attached to the soft palate and hanging at the back part of the tongue. Inflammation of the uvula may accompany a pharyngeal catarrh Then the uvula appears red, swollen and edematous and may excite cough. It should be treated by an astringent gargle, such as the following:

℞ Aluminis .....gr. x
Glycerini .....ʒ i
Inf. rosae acidi ad.....ʒ i

Signa: To be used frequently.

Or the parts may be painted at suitable intervals with glycerite of tannin, or with a mixture of equal parts of liq. ferri chloride and glycerin.

When the uvula is relaxed and edematous it should be seized by a pair of forceps, drawn into the mouth and freely scarified with a sharp knife. This procedure is almost painless and the relief it gives is instantaneous and complete.

TREATMENT OF TANTRUMS IN CHILDREN

By C. Herbert Church, M. D., N. Y. Med. Journal

The causes of tantrums in children may be divided into two classes: poor training and physical pathology. The first is not strictly in the physician's province, but is often presented to him as an opportunity to do great good. Almost any child who finds that he can have his own way part of the time by going into tantrums, even if he gets a good spanking for it, at others will often take a chance if he wants something pretty badly. Where this is the

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cause, of course, training of the parents and nurse is the great treatment. One of the greatest shames of our modern education is that young people are taught almost everything excepting how to fulfill the greatest responsibilities in life, those of husband or wife and of father or mother. The tactful, kindly family physician can often do some of his most important work in filling this lack, and save for a life of usefulness and sometimes greatness many a child who would, if not controlled, go to the human scrap heap. However, in the larger number of cases of real tantrums, I believe the cause will be found in some pathological condition. That being the case, it is our business to find it and remedy it if possible, and it usually is possible. Do not say it is "nerves" and give a nerve tonic or some kind of "dope." When you find a case of tantrums in the young or of "nerves" in those who are older, there is a cause for it, and that cause is seldom if ever entirely mental. Some mental shock may be the "straw that breaks the camel's back," but it usually is only the straw. Thousands have had the same or equivilent shocks and come through them all right, and so would your patient if he did not have as heavy a load as he could carry before he received the shock.

Many of the causes centre about the sexual organs or urethra; as phimosis or a contracted meatus in the male; a clitoris with an adherent hood, irritations from leucorrhea, urethral caruncles or inflamed carunculæ myrtiformes, if the hyman has been ruptured, in the female; and masturbation, worms, retained smegma, or irritations from too concentrated or otherwise irritating urine in either sex. The trouble may be in the rectum with a tight sphincter, hemorrhoids, prolapsus, irritable papillæ, ulcers, or what not. Do not be too modest nor allow your patients or their mothers to be too modest to have a thorough examination of these parts no matter what the age of the patient. Be sure there is no eye strain; have the eyes carefullly tested not only for refraction, but for muscular balance. A very slight difference in the eyes often causes more strain than quite severe lesions. The tonsils and adenoids should be examined; and the teeth also may be an important cause of ill health. Do not forget the feet as a cause of nervous trouble. Do not sneer at the mechanotherapists, osteopaths, etc. Muscles get tight and rigid sometimes and interfere with circulation and nerve action. These may directly affect the nervous system or indirectly affect it by interfering with the action of some of the organs, reaching the nervous system by autointoxication, interference with the ductless glands, or a poor nutrition. I take it for granted that any physician will see to the digestion, bowels, fresh air, exercise, diet, and all other medical and surgical troubles of his patient. If you need a full list of the possible causes of tantrums and their treatment, read your most complete work or works on children's diseases and supplement this by reading the rest of your medical library together with all the books you can borrow.

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COMMON DECENCY AND TYPHOID FEVER

The Health Department of the State of New York says that:

Since typhoid fever is definitely known to be caused by swallowing an organism which occurs in large numbers in the excreta of typhoid patients or "carriers," it follows that if due regard were paid to the rules of common decency and cleanliness by individuals and to the rights of others by municipalities, this disease would soon be as rare as yellow fever.

That these rules and rights are frequently violated is shown by the fact that in upstate New York during 1919, there were 1697 cases of typhoid fever and 243 deaths. With many of these patients, the infection was undoubtedly transferred from hand to food by typhoid carriers or persons caring for typhoid patients. In either case much of the danger might have been obviated if the carriers or persons in charge of the patients had been ordinarily clean in their habits and had thoroughly washed their hands after caring for the body discharges, and in the latter case applied an efficient disinfectant to the hands and to the patients' excreta.

According to an eminent sanitarian: "For every case of typhoid fever, some person or community is criminally responsible and should be adequately punished." Could this edict always be carried out, typhoid fever would soon disappear from civilized communities."

DANGER OF ANTHRAX IN SHAVING BRUSHES

The Surgeon General of the United States Public Health Service requests that the widest publicity be given to an appeal sent from his service to the public not to buy or use horse-hair shaving brushes, it being the consensus of expert opinion that shaving brush anthrax is only contracted when the brush is made of *horse-hair.* At its next session Congress will be asked to prohibit the use of horse-hair in shaving brushes.

PRESENCE OF FLIES JUSTIFIES BREAKING CONTRACT

The Supreme Judicial Court of Maine in June of 1920 rendered a decision that in view of the well-known disease-carrying characteristics of the common fly a guest in a hotel is warranted in leaving the same, regardless of contract for longer stay, where the dining-room continually is infested with flies in large number.

TREATMENT OF ACUTE GONORRHEA IN THE POOR

W. Ray Jones (*Medical Record, N. Y. Med. Jour.*) outlines a simplified treatment for men who have limited means. The patient is instructed to wash out the urethra with warm water in a syringe before each injection and several times daily in the intervals and then to use a solution of protargol beginning with 0.3 per cent. and increasing up to one per cent. Internally plenty

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of water and large doses of sodium bicarbonate will accomplish all that expensive drugs such as santal oil will. Later when the discharge becomes scanty zinc sulphate, one per cent. solution, will toughen the mucous membrane and may be given morning and night for a time while the protargol is used during the day and then used alone for several weeks. A suspensory should be worn to prevent epididymitis, the diet should be bland, testicular swelling should be treated by hot applications, and posterior infections can usually be cleared up by the drinking of large quantities of water to irrigate the urethra.

ABORTIVE TREATMENT OF ERYSIPELAS

Capitan (*Bulletin de l'Académie de médicine, N. Y. Med. Jour.*) finds that in mild and intermediate forms of erysipelas satisfactory results are obtainable by the use of hot antiseptic lotions and sprays and the application over the diseased area of a thick layer of the following ointment:

℞ Adipis lanæ hydrosi, Petrolati, ... ana..50 grams;
Phenylis salicylatis, Antipyrinæ, ... ana.. 5 grams.—M.

The treatment also includes frequent purgation; one gram of quinine daily; various diuretics, such as sparteine, 0.1 gram a day, generally with two grams of soft extract of cinchona and twenty grams of alcohol; camphorated oil injections—one in ten —and theobromine, one gram, according to indications. In the severe cases, with spreading erysipelas and destructive ulcerations or involvement of the myocardium, kidneys, or lungs, the duration of the disease seemed shortened by five c. c. intravenous injections of collargol once or twice a day, repeated for three to five successive days at a time. The best results, however, were obtained by subcutaneous injections in the flank of fifty c. c. of antistreptococcic serum, either once or twice a day. Usually the temperature descended, under this treatment, from 40° C. to normal in three or four days; the general condition strikingly improved, the eruption became paler with the tissues less edematous, and the skin quickly returned to normal. Even a complete involvement of the scalp was checked in two days. The treatment was as a rule continued two to four days; in one instance, five days. No untoward effects from the treatment was observed except, rather infrequently, a serum rash on the fifth or sixth day, sometimes with joint pains. The latter yielded to salicylates and local use of chloral and bromide solution. In ppatients who had previously had horse serum injections a desensitizing dose of two c. c. of the antistreptococcic serum was given four hours before the first therapeutic injection.

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Sexology, Eugenics, and Birth Control

A CASE OF IMAGINARY PREGNANCY.

The public prosceutor received a number of letters in which a young woman, Celina B., aged 25, was accused of having criminally got rid of the fruit of a clandèstine confinement. The denunciation being supported by precise and circumstantial information, an inquest was deemed necessary. The statements of the witnesses who lived in Temple Street and in the same house as Celina and even those of Celina's sister, coincided in a manner that the fact of Celina's pregnancy was put beyond any doubt. All of them she had told of the great joy she felt over the idea of becoming a mother; she had shown them the linen she had prepared for the dear little being she was going to give life to and said she was anxious to find a good nurse. Under such conditions it was difficult for Celina's relatives and friends to disbelieve what she so cheerfully announced.

About a month previously Celina had herself shut up for two days, not receiving anybody and even refusing to see her sister. On her reappearance her waist indicated that the great event so pompously announced had taken place. All question referring to the incidents preceding and following her confinement she answered in an evasive manner, saying she had been assisted by a midwife, whose name she gave, to whom she had entrusted her child to be taken to the country.

The old gossips of the neighborhood had much fun and all chattered and said it was a sure thing Celina had killed her baby. Their conviction became confirmed by the fact that just as if she wanted to avert all suspicion she invited two of her neighbors to go with her to the Lyon Railway Station where, she said, she expected the return of the nurse with the baby. They waited in vain—neither the nurse nor the baby appeared. There was no more any doubt—a crime had been committed.

The office of the public prosecutor was notified. During the inquest the magistrate became almost stupefied on gaining the absolute certitude, on the ground of medical proofs, that the defendant had acted under the spell of hallucinations and that she had taken for reality what was nothing but the illusion of a disordered monomania. [From G. J. Witkowski: *Anecdotes* and *Curiosites Historques sur les Accouchements.*]

PREVENCEPTION AND THWARTING NATURE.

"Prevenception, they say, is thwarting nature. But are we not continually thwarting nature? We are thrust into the

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world without clothes, and man's devices in the way of raiment protect us from the summer's heat and winter's cold. Nature would, in our climate, freeze us in spite of our clothes, but we build houses over our heads and devise fireplaces, stoves and furnaces to keep us warm. Man's whole life is occupied, one might say, in the work of thwarting nature, or in other words, in protecting himself against the freaks and severities of nature. We are continually doing it. Nothing, it is often said, is so certain as death; and the knowing ones who value life are using every device to save themselves from it. Every device of civilization is something to thwart nature, who is as stingy as she is bountiful if we take no means to wrench from her that which we need; and as bountiful as she is stingy if we do not protect ourselvs from her munificence. If we enjoy basking in the glowing and health-giving sunshine, there are times when the greatest lover of nature must protect himself from it; hence, in July we carry sunshades of some description, or betake ourselves to some cooling shelter. Showers are as necessary as the sun's rays, and we extend our umbrellas above our heads to shelter ourselves from the rain. When the atmosphere stagnates, we use fans to refresh ourselves on a warm summer's day; and in a variety of ways we seek to alter things to render us more comfortable. There is a tendency among all animals to be too fruitful."

In some large cities, according to Ryan's "Philosophy of Marriage," more than one third of the births are out of wedlock. Such children are born steeped in wickedness and disease. Is there not enough crime, disease, suffering and trouble; are not the institutions for punishment and confinement now too full without making the world any worse than it is by bringing into it more unfortunate beings? If illegal intercourse is carried on to such an alarming extent, and if people will marry, no matter what conditions or circumstances forbid it, then children must follow who are unfit to live or else the parents will resort to abortion. In either case a great wrong has been committed. Would it not be better in such cases never to allow conception to take place? And this was written more than half a century ago.

"THROWING BACK"

Instinct is nothing more than fixity of character induced by heredity. The domestic dog, when he buries food that he will have no occasion to dig up again, takes after his savage progenitor, who lived in the woods. So he does also when on the floor of a room he turns round on the same spot before lying down, as if to make a bed in the grass . . . Many of our acts in daily life, apparently dictated by reason, are in reality the survival of habits contracted by our savage forefathers. Nothing appears

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more natural to us than to open and extend the hand as a sign of frankness; but this gesture is merely a testimony that we carry no weapons and have no intention of making an attack . . . To uncover our teeth in anger means that we have inherited an instinct to bite. The military spirit of civilized people . . . is probably inherited from savage ancestors with whom war was a necessary condition of existence.—*J. F. Nisbet.*

A COMMON MISCONCEPTION REGARDING HEREDITY

Alfred Russel Wallace directs attention to a misconception found even among educated and intelligent people who seem to think that whatever characters or faculties are hereditary are also necessarily cumulative. They hear that Francis Galton wrote a book on Hereditary Genius, and perhaps they have read it; but they do not observe that neither he nor any one else has proved that genius of any kind is cumulative, that is, that a man or woman of genius will have, on the average, one or more children with a greater amount of that special power or faculty than their own. Wallace goes on to show that the very contrary of this is really the case. The more a person's talent or mental powers is above the average the less chance there is that any of his children will have still more of that power than he has.

A really great poet or painter or musician appears suddenly in a family of mediocre ability or of no ability at all in that special direction. For instance, Sir William Herschel was the son of a musician and was himself a musician by profession; but he became an astronomical genius. His son, Sir John Herschel, was a very clever man, with advantages of education and position. He followed his father as an astronomer, and was a great mathematician, but is never considered to be equal to his father. Darwin's most eminent son was a mathematician, not a naturalist. The reason of this is, Wallace explains, that heredity follows the law of "recession to mediocrity." All groups of living things vary around an average as regards each of their characters; those near the average are always numerous, while as we approach the extremes in either direction the numbers become less and less. Families follow the same law.

EUGENIC CONSIDERATIONS

During all the passionate conflicts about sexual morality, we are, on the whole, quietly and constantly advancing in regard to the elevation of future generations. A more rational care of children has already been introduced, a forward step demonstrable by the decrease of infant mortality. Further advance may be recognized in the fact that many women and men now break an engagement or a marriage when they find out that either party suffers from some hereditary disease. Increasingly numerous are the men and women who abstain from erotic relationship when they know themselves victims of such heredity.

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The great majority are still ignorant, or unscrupulous, in regard to the commands of eugenics. But public opinion is fast developing in this respect and is already beginning to influence conventions, which in turn will influence the law. The demand of eugenics will finally become just as deeprooted an instinct as the duty to defend the home country against outer foes . . . The improvement of the race can only take place thru a strict selection of the human material; hence the diminution in nativity need not in itself be a national evil symptom, but what is dangerous and immoral is that the worst element is allowed to multiply without restrictions while the women best fitted for motherhood are unable or unwilling to fill the high office.

—*Ellen Key; the Renaissance of Motherhood.*

JUSTIFICATION OF THE USE OF PREVENCEPTIVES

One of the many hypocrisies of our society to-day is the condemnation, still maintained by many who do not understand, of the use of the many safe artificial preventatives to conception. The mother must be given more control over the birth of her children. Personally, I have not a strong feeling against the procuring of abortion, but perhaps the forbidding of it is necessary as a fence around the reverence for human life; but the prevention of conception is a different matter. And certainly each woman must be free to make her own choice as to whether she bears children or does not bear them; no man, and still more no social or moral compulsion, may safely decide this matter for her; she must give life gladly to be able to give it well. Nor must we look with disfavor on those women who desire to avoid motherhood and its duties, or regard them as "unnatural" . . .

It were well to remember that the parental instinct is not fixed and is dependent on causes that very few of us understand, that it is not present in all women any more than the fighting instinct is present in all men.

—*C. Gasquoine (Hartley) Gallichan.*

HARMFULNESS OF SEX SUPPRESSION

All the higher as well as the baser sentiments have their roots in the desire for propagation, even more than preservation; for Nature is unmindful of the individual and mindful only of the species. Painting, sculpture, music, literature and the drama owe their inspiration and fervor to the sexual passion; yet social traditions and customs conspire to throw a veil over the tree of life, and openly expressed know of which has been regarded as the forbidden fruit.

Modern social conditions tend to repress or suppress the natural physiological gratification of the sexual passion . . . When this happens, the *desire* is not suppressed, but causes a silent undercurrent of sexual passion, which, altho it may not be manifest to the external world, nevertheless occupies a large place in the conscious and subconscious self; it suffuses silent thought

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and consciousness with an emotional tone which may find outward expression in esthetic and religious observances or fanatical agitation; its suppression is one of the causes of insanity, especially in subjects with a neuropathic taint, for it tends to mental depression and the instalment of an anxiety neurosis, which in its turn leads to a disorder of the vital functions and a disturbance of the biochemical relations of the whole body, causing an auto-intoxication; thus a vicious circle may be established, by the interaction of a disordered mind and a disordered body.—*Dr. F. W. Mott: Nature and Nurture in Mental Development.*

ILLEGITIMATE OFFSPRING AND WHAT IT TEACHES US

Maximilian P. E. Groszman (The Exceptional Child) quotes the following statement, made by B. S. Steadwell, president of the world's Purity Federation: "Of course, very few prostitutes have any offspring. The mothers of most children born out of wedlock are not prostitutes by any means; they are in the main unfortunate and betrayed girls. The fathers of such children are largely libertines . . . but even this hereditary influence is not sufficient to doom them to perdition. I have had an opportunity to study many of these children during the past eighteen years, and I have been much surprised to find them in the main evenly balanced and healthy, beyond the average child born in the home. We have found, too, that these young mothers had an easier time during confinement than the average wife."

Groszman thinks that these statements are most instructive, showing us that the illegitimate mother and the illegitimate child are superior to those who have the sanction of church and state and presenting a curious example of the supremacy of the natural, God-given instinct as compared with man-made standards. The author suggests the necessity of reestablishing a more natural basis for marital relations than has obtained for a long time under modern conditions of life.

WALLACE ON OVER POPULATION

It is a fact of common observation that highly intellectual parents do not have large families, while the most rapid increase occurs in those classes which are engaged in manual labor. Alfred Russel Wallace (Social Environment and Moral Progress) feels certain that as the intellectual level of the whole race is raised by general culture and physical health, the law of diminishing fertility will act, and will tend in the remote future to bring about an exact balance between the rate of increase and that of mortality. Moreover, when poverty is abolished and neither economic nor social advantages will be gained by early marriage, there can be no doubt it will be generally deferred to a later age.

Still more effective will be the extension of the period of education or training for the whole population for several years longer than at present, together with the growth of public opinion

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against all marriages between persons who have not yet begun the serious work of life. It would also be an essential part of education to inculcate the delay of marriage till every opportunity has been afforded both of the parties concerned of becoming thoroly acquainted with each other before undertaking so serious a responsibility as marriage usually involves.

MARRIAGES OF FIRST COUSINS

Public opinion has been generally set against marriages of first cousin. Edgar Schuster (Eugenics) points out that little evidence has been recorded to support this view. If the two cousins who marry are entirely free from latent defects, there does not seem to be any ground for supposing that their children are more likely to be defective than those of people unconnected by close kinship. But it is almost impossible to say definitely that no latent defect is present. Where the same abnormality exists in the germplasm of both parents, it is more likely that their children will be affected than if the defect present on the one side is different to that on the other. The latent characters of cousins are much more likely to be similar than those of two unrelated persons, so it follows that, on the whole, it is safer for cousins not to intermarry. This conclusion can be more strongly insisted on when the presence of some particular latent defect is suspected.

A PATHETIC CASE

Jane Addams recalls a case in the juvenile court of Chicago when the mother of a five-year-old child was pronounced by the judge to be an "improper guardian." The agonized woman was told that she might retain her child if she would completely change her way of life; but she insisted that such a requirement was impossible, that she had no other means of earning her living, and that she had become too idle and broken for regular work. The child clung piteously to the mother, and having gathered from the evidence that she was considered "bad," assured the judge over and over again that she was "the bestest mother in the world." The poor mother, who had begun her wretched mode of life for her child's sake, found herself so demoralized by her hideous experiences, that she could not leave the life, even for the sake of the same child, still her most precious possssion. Miss Addams knew that only six years before this mother had been an honest girl cheerfully working in the household of a good woman, whose sense of duty had expressed itself in dismissing "the outcast."

WHO SHALL SIT IN JUDGMENT?

"Who shall sit in judgment?" H. E. Walter (Introduction to the Study of Heredity) asks, pointing to the many difficulties in the practical application of a program of eugenics. "There are certain strongly marked characteristics in mankind which are plainly good or bad, but the principle of the independence of unit characters demonstrates that no person is wholly good or

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wholly bad. Shall we then throw away the whole bundle of sticks because it contains a few poor or crooked ones?" "The list of weakling babies, for instance, who were apparently physically unfit and hardly worth raising upon first judgment, but who afterwards became powerful factors in the world's progress, is a notable one and includes the names of Calvin, Newton, Heine, Voltaire, Herbert Spencer and Robert Louis Stevenson."

BOOK NOTES

Among the publishers who have recently come prominently to the front, Thomas Seltzer occupies an honored position. Among his most recent works are "Woman," by Magdeleine Marx, "Touch and Go," a play in three acts, by D. H. Lawrence, and "The Fight for Freedom," a play in four acts, by Douglas Goldring.

Among other books recently received, all worth mentioning and reading are:

"Sanity in Sex," by William J. Fielding (Dodd, Mead & Co.).

"Eating to Live Long," by William Henry Porter, M. D., with an introduction by Edwin F. Bowers, M. D. (The Reilly & Lee Co., Chicago).

"The New Psychology and Its Relation to Life," by A. C. Tansley (George Allen & Unwin, London).

"Hygiene, Dental and General," by Clair Elsmere Turner (C. V. Mosby Co., St. Louis).

"A Short History of Nursing, From The Earliest Times to the Present Day," by Lavinia L. Dock, R. N. Secretary, International Council of Nurses (G. P. Putnam's Sons, New York and London).

"Problems of Population and Parenthood" (London, Chapman & Hall, Ltd.).

"Woman and The New Race," by Margaret Sanger (New York, Brentanos).

To the Oxford Press we are obliged for the following excellent publication:

"Studies in Neurology," by Henry Head, M. D., F. R. S. Vol. I and II.

"Infectious Diseases, A Practical Text Book," by Claude Buchanan Ker, M. D., F. R. C. P. Ed.

"Plastic Surgery of the Face," Based on Selected cases of War Injuries of the Face, including Burns. By H. D. Gillies, C. B. E., F. R. C. S., Major R. A. M. C.

They are all of the highest character and will be found valuable by those interested in the special subjects.

A Few of This Season's Plays

Welcome Stranger. Agreeable play; funny.

The Genius and the Crowd. Trash.

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Call the Doctor. Nice comedy. Funny, but on the whole trashy.

The Woman in Bronze. Fine. Well played. Margaret Anglin is excellent. Worth while seeing.

The Skin Game. By John Galsworthy. A play very well worth seeing. The struggle between the hard-working and energetic industrialist and the idle but cultured aristocrat is well depicted. Eventually, when the aristocrat sees himself beaten, he, or rather his wife, decides to use dirty blackmailing methods and thus carries off the victory. But the aristocrat recognizes that the mud which was used to defeat his opponent sticks to his hands and that it is the industrialist who is the better man. The sympathy of the intelligent part of the audience is, towards the end, with the manufacturer, Mr. Hornblower, who was played in a most masterly manner by Mr. Herbert Lomas. In fact it is Mr. Lomas who makes the play. There are few if any American actors who could play the role satisfactorily. Some claim that the entire play is symbolic of the struggle between Germany and England, Germany of course being represented by the industrialist and England by the cultured aristocrat. The blackmailing methods which the aristocratic family used to defeat the manufacturer and his family is supposed to symbolize British propaganda, the deliberate invention of German atrocities.

Just Suppose. Fairly agreeable play with Patricia Collinge in the title role. The two Kerrs, father and son, are "a bit of all right." Patricia's clothes are pretty.

ENGLISH AND AMERICAN ADVOCATES OF BIRTH CONTROL

New York, October 26, 1920.

Dear Dr. Robinson: Your comment on Dr. Drysdale's interesting article "Neo-Malthusianism & Democracy," which appeared in the September issue of THE CRITIC AND GUIDE, is an able analysis of a complicated subject. It abounds in common sense, straight logic, convincing facts and deductions. A thread of sound reasoning runs thru it all and it is a pleasure to follow it to the end. One surely does not need the stimulation of a cup of coffee if he happens to read it at a late hour.

The views expressed in it regarding the competitive system and the survival of the fittest as applied to human beings are particularly interesting, useful and instructive. Altogether it is a gem glittering out of the pages of THE CRITIC AND GUIDE,

Yours for good health and good work, L. Buckle, M. D., 321 East 10th Street.

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Formulas and Prescriptions

Chronic Bronchitis.—In cases of this condition where there is a moderate amount of secretion, the following formula may be used with excellent results:

℞ Tinct. nucis vomicæ.....min. x
Tinct. scillæ.....min. xx
Ammonii carbonatis.....gr. iij
Syrupi tolutani 3ss
Inf. Senegæ .....ad. ℥ss
For one dose.

Often the cough is kept up by an irritable condition of the pharynx, when barley water flavored with lemon will give much relief, especially at night, when it can be sipped as required.

A spray that will aid in producing relief is the following:

℞ Menthol ..... 1 part
Eucalyptol ..... 2 parts
Benzinol ..... 3 parts

Sig.—Inhale from an inhaler or handkerchief.—Forchheimer's *Therapeusis of Internal Diseases*, Vol. III.

Anorexia.—Hare, after giving attention to the proper, nourishing diet needed in the correction of this condition, which is usually a result of some constitutional condition, uses the following formula as an aid in producing good results:

℞ Arseni trioxidi .....gr. ½
Extracti nucis vomicæ.....gr. iv
Quininæ sulphatis.....gr. xx
M. et fiant pilulæ No. xx.

Sig.—One pill after meals.

Or,

℞ Acidi hydrochlorici diluti.....f℥ss
Tincturæ cinchonæ compositæ.....f℥vj

M. Sig.—Dessertspoonful three times a day after meals, well diluted with water.—*Practical Therapeutics.*

Chilblains.—Owen recommends the use of woolen stockings and the avoidance of tight shoes if the feet are affected. When the hands or ears are affected, they too must be protected from weather conditions. The affected parts must *never* be placed in front of a fire after being exposed directly to the cold. The fingers and toes must be bathed daily in cold water, dried with flannel, and a solution of one part iodine to two parts soap liniment applied. He states that the Esquimaux and Indians use oil of turpentine, which may be applied, but should first be mixed with an equal part of olive oil. To relieve itching, apply an ointment of 1 dram of powdered camphor to 4 ounces of vaseline.—*The Treatment of Emergencies.*

Palliative Treatment in Gastrointestinal Disorders.—In discussing the uses of sodium bicarbonate in these disorders Sajous mentions the relief from pain or discomfort arising from delayed digestion in cases of hypochlorhydria, for indigestion expressed by pain at the cardia, eructations, somnolence, low spirits, and irritability of temper, for which the following formula is offered:

℞ Sodii bicarbonatis .....℥iss.
Infusi gentianæ compositi (N.F).....℥vi.

M. et Sig. One tablespoonful an hour before meals.

Sajous further states that E. Binet, in similar cases, orders the following formula to be used one hour and one-half hour before the meal, and in severe cases, also one-half hour and one hour after eating:

℞ Sodii bicarbonatis .....gr. xii.
Magnesii oxidi ponderosi.....gr. iv.
Belladonnæ foliorum pulveris.....gr. 1/6

Pone in chartulam No. 1.

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Relief of the distressing symptoms is obtained by acceleration of gastric motility through carbon dioxide liberation, thus promoting more thorough admixture of the gastric juice with the food, and a quicker evacuation of the stomach contents.—*New York Medical Journal.*

For Nasal Lavage.—Lake uses the following powder for this purpose:

℞ Sodii chloridi ..... 3j.
Sodii boratis ..... 3j.
Sodii bicarbonatis ..... āā 3j.
Sacchari albi ..... 3iij.

Sig.: One teaspoonful in ten teaspoonfuls of tepid water.—Diseases of the Ear.

Gargle for Relaxed Sore Throat.—Hare recommends the use of the following in this condition:

℞ Tinct. iodi f3i
Potass. iodidi 3i
Spiritus vini gallici f3i
Aquæ destillatæ, q. s. ad f3iv

M. Sig.: Use two teaspoonfuls in half a glass of water as a gargle three times a day.—Practical Therapeutics.

Acne.—The causes of acne make the treatment both local and general, and no hard and fast rule can be made covering the internal treatment. Constipation must be corrected; anemia, if present, must be combated, and in general all stimulants, including tea, coffee, and cocoa must be prohibited and if hyperglycemia be found the carbohydrate intake must be decreased. In certain cases it may be protein metabolism that is at fault and must be corrected. If much pustulation be present fresh brewer's yeast given a tablespoonful twice daily internally will have a favorable action. Vaccines bring but little result except in the pustular types of this condition. Local treatment is absolutely indicated in all cases. Preliminary to the use of medicinal applications, the affected parts must be scrubbed with water as hot as can be borne, and Ivory soap; where the skin is thick and greasy, tincture of green soap may be used, and in some of the more sluggish types a sulphur and sand soap is of value. After the use of soap and water the soap is to be rinsed off with hot water then to be followed with an application of cold water for five minutes. The more acutely inflamed the condition the milder the medicinal application. The time-honored calamine lotion may be then used:

℞ Calaminæ precipitatæ.
Zinci oxidi, aa ..... 3j.
Aquæ calcis ..... 3iv.

The application most often used is:

℞ Potassæ sulphuretæ ..... 3j.
Aquæ ..... 3ij.

℞ Zinci sulphatis ..... 3j.
Aquæ ..... 3ij.
M. et adde sulphuris precipitati ..... 3j.

Ointments may be used in place of lotions and the change is often beneficial. The following ointment answers the purpose:

℞ Acidi salicylici ..... gr. x.
Resorcinolis ..... gr. xv.
Sulphuris precipitati ..... gr. xx.
Petrolati, q. s. ad 3i

If the skin begins to scale from the use of any of the above a mild cream may be used instead for a day or two. Surgical treatment may be needed weekly by expressing comedones by means of the curette-shaped comedo extractor. Pustules should be opened with an ophthalmologist's cataract knife, while curettage of the deeper pustules is of great benefit but necessitates confinement of the patient for a few days following the procedure. Scar formation may occur from deep-seated lesions and the treatment of acne is necessarily a prolonged one.—*Medical Times.*

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